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A
NEW SYSTEM OF
FAMILY MEDICINE,

FOR THE USE OF
MIDWIVES, MOTHERS, AND NURSES.

NEW SYSTEM OF
FAMILY MEDICINE

BY

HOWARD A. HARRIS, M.D.

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A
NEW SYSTEM OF
FAMILY MEDICINE,
FOR THE USE OF
MIDWIVES, MOTHERS, AND NURSES;
ALSO,
A COMPLETE TREATISE
ON THE
MANAGEMENT AND DISEASES
OF
CHILDREN.

By WALKER KEIGHLEY, M.D.

DIRECTOR AND LECTURER IN MIDWIFERY OF THE BRITISH
LADIES' INSTITUTION, FOR THE ENCOURAGEMENT AND
INSTRUCTION OF FEMALE MIDWIVES, AND THE
DELIVERY OF PREGNANT WOMEN AT THEIR
OWN HOUSES, GRATIS.

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TO
HER ROYAL HIGHNESS
THE PRINCESS OF WALES,
AND THE OTHER
NOBLE AND PHILANTHROPIC
Patronesses
OF THE
British Ladies' Institution.

LADIES,

THE generous energy with which you have promoted the establishment of the British Ladies' Institution, sufficiently evinces your approbation of its objects, the principal of which is, by proper instruction and encouragement, to *restore* to the female sex *their proper function of delivering pregnant women*. To cooperate in this patriot purpose is the great intention of the following Work. I do not pretend, that the most attentive perusal of this, or any other book, will perfectionate a midwife. An attendance on Lectures, where various particulars can be much better explained than it is possible to do on paper, and practical assistance at labours, are indispensable; but such studies will be greatly assisted by this Treatise, which I have taken pains to simplify as much as possible, in order to render it intelligible and perspicuous to every reader.

It is not, however, to *midwives* alone, that I mean to give instruction. It is the duty of *every woman* who is, or may become a mother, to have a knowledge sufficient to regulate

her conduct during pregnancy, parturition and child-bed ; and to understand as much of the subject of midwifery, as may enable and induce her to assist, instead of obstructing this *operation of NATURE*, and relieve her of the unnecessary apprehensions by which the female mind is too apt to be agitated and injured at this crisis.

If these be desirable studies for wives and mothers, the management and diseases of their offspring are no less objects that irresistably claim their attention. On this subject therefore I have bestowed all the pains in my power, at once to treat it in a manner so comprehensive as to give every instruction necessary to mothers and nurses, and to avoid the *minutiæ* of detail which are only required by the medical practitioner ; and I trust that the precepts I have endeavoured to inculcate, may, *under your illustrious and powerful example*, be the happy means of counteracting, in some degree, the errors prevalent in this important duty, and of inducing a general propriety in the treatment of children among all classes of society.

With these views, and not as an object of pecuniary emolument, I publish the following sheets, *the entire profits of which are to be appropriated to the benevolent purposes of THE BRITISH LADIES' INSTITUTION.*

I have the honor to be,

LADIES,

Your most obedient and
humble Servant,

WALKER KEIGHLEY.

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PREFACE.

THE Professional Man, who writes a book with the avowed purpose of rendering his art familiar to a class of persons represented and considered incapable of comprehending it, will hardly be accused of vanity or self-interest; but he cannot fail to excite the malignant clamours of the narrow-minded part of the profession, who may deem their *trade* injured by a removal of the mysterious veil by which it is studiously concealed from vulgar eyes. Armed against the stings of these hornets, and animated by conscious rectitude and philanthropy, I shall proceed to the instruction of the Female Sex, in what is peculiarly their province, the delivery of pregnant women. And I trust,

that my observations will not be the less useful, because clothed in a plain and simple dress, unadorned by the pompous fripperies of science, and the jargon of obstetrical technicality.

Personal experience, in situations of the greatest inconvenience, has convinced me, that Nature is the chief operator in deliveries. I have seen labours performed in a narrow cabin, in a miserable hut, and in the open air, which, “in the perfumed chambers of the great,” with all the advantages supplied by art and luxury, would have been thought nearly miraculous.

The fact is, that in proportion as conveniency and means increase to facilitate,---fancy, caprice, whim, and, above all, apprehension, unite to obstruct the operation by which a human being is introduced into the world. This is so completely the case, that, in general, the labours of women in the lower classes of life, with moderately good assistance, are easier than those of higher rank, aided by the most able *accoucheurs*.

The woman who has the cares of life to struggle with has, indeed, one advantage which wealth cannot purchase. Her mind, occupied by the business of the day, is diverted from the alarms attending her condition ; while the lady in ease and affluence, who is exempted from care and anxiety for every thing but what relates to her own person, broods over her situation, and dwells on every circumstance, with a solicitude generally productive of fear and apprehension.

It is well known to those who have studied the human mind, that it is chiefly occupied by the object which interests it most. Procuring subsistence, and obviating the difficulties that occur in ordinary life, excite interest, and command attention ; the want of which stimulants produces that languor so frequent among the higher class of females, and which is in no situation attended with worse consequences than in a state of pregnancy.

This Work is intended for all ranks ; but chiefly for the middling and lower orders of society. I shall not, however, let the opportunity escape of

giving general advice to those in every sphere of life, and in every circumstance and situation. It is intended, not only to render easy and efficacious, in the hands of females the task of ushering the human species into life, but to convince mothers, that if they be prudent, and not improperly anxious, their delivery will be attended with little danger.

So long as the Art of Midwifery is considered above the capacity of women, it will be looked upon as difficult; and anxiety is a natural attendant in looking forward to an operation on which life and happiness depend, the difficulty of which is great, and the result uncertain.

To obviate these terrors and alarms is one great purpose of the following treatise. I mean to shew, that in most cases the operation is easy and natural, the difficulty little, and the danger inconsiderable.

For this purpose I wish to make the subject so plain and familiar, that females may be enabled to judge for themselves; and that the knowledge of

Midwifery may be so extended, that few cases shall occur where the want of it can produce misfortune.

It is not to be denied, that in following a regular course of study in Physic and Anatomy, such as men only attend, there are many advantages of which female practitioners are deprived; but it is equally evident, that a *general* knowledge of Physic and Anatomy is not absolutely necessary to the understanding and practising with advantage and success, the important branch of Midwifery.

It is intended in the following pages, to unite all the parts of medical and chirurgical knowledge that are strictly necessary, to make an intelligent female equally prepared for an extraordinary case, as the most general medical man.

The whole of society is interested in the publication of a work of this nature. In the country it is impossible, on most occasions, to have the aid of regular medical men; and, where absolutely necessary, this advantage can seldom be obtained

by the lower classes. Hence it is of the utmost importance to have females, who may, at all times, and in most places, be found equal to give the aid that circumstances require.

In Cities, and even among the higher classes, the advantages are hardly less considerable.

Female delicacy prevents women from freely disclosing to the other sex all the circumstances of their situation; in some instances they refuse all such assistance, till necessity overcomes feeling, and when perhaps it is too late. It is also a certain truth, which ought not to be concealed, that in a state of pregnancy the passions become often so ungovernable and irresistible, as to border on a state of mental derangement. It becomes then necessary to take advice, and the male practitioner is called in: the consequences of which are such, even where they do not produce any direct moral impropriety, as cannot fail to be alarming to every husband and father. On such occasions, therefore, the extension of this species of knowledge amongst female practitioners must

be obviously beneficial, and cannot be denied even by the *Faculty*.

But, painful as the subject is, I must observe farther, that it is not alone in such critical cases the danger of contamination and irregular conduct is to be dreaded, from the employment of Men Midwives. Fashion has introduced them, not only to assist at the delivery, but to be consulted both before and after, on all points which the anxiety of the mother or the pregnant woman suggest. In Roman Catholic Countries the evils attendant on Confession are well known; how much more then must be the danger, where the intercourse is so much closer; where the female is thrown off her usual guard, and the conversation and the ocular and manual examination will so naturally excite the passions, at a period when they are raised to their height? Medical men are not above the frailties of human nature, and too many instances could, if necessary, be produced, of the alarming consequences of such consultations.

Independently of the preceding considerations, it cannot be denied, that in every state of pregnancy, as well as at the delivery, a woman, duly qualified, must from nature, sympathy, and tenderness, be much better calculated for this important duty than man, with all his boasted superiority in science.

One strong argument for employing females properly instructed as Midwives, is, that though there are unquestionably men of high professional eminence and ability, who practise midwifery, yet their number being inconsiderable, their aid can seldom be procured, except by persons in opulent or easy circumstances; while to far the most numerous class of Society the officiating Men-Midwives are ignorant apothecaries or surgeons, without science or experience; men who merit the very reverse of the elegant and just compliment paid to *Dr. Arbuthnot*,

“Who knows his *Art*, but not his *Trade*;”

men who, to exalt their own importance and

enhance their profits, seldom fail to increase the anxiety and alarm of those intrusted to their charge, by magnifying the danger and difficulty of the operation ; who pour down the throats of their unfortunate patients large quantities of unnecessary and therefore deleterious drugs, and who, disdaining to be the simple assistants of Nature, in a process almost entirely her own, have perpetual recourse to *instruments*, seldom necessary, always dangerous as well as painful, and not unfrequently fatal.

All over the Continent of Europe, the police takes care to prevent unqualified and inexperienced practitioners from interfering in this important operation ; whereas, in England, where every Tailor and Shoemaker serves an apprenticeship to his trade, the most ignorant pretenders, having no qualification but unblushing impudence, start up as Surgeons and Man-Midwives, at the double risk of the mother and child.

If there were no other reason for preferring women, it would be almost sufficient, that the

person who is a Midwife ought not to be of any other profession requiring a constant and undivided attention; for, in difficult labours, or where there are false pains, it may be necessary to give a constant attendance for several days; and, at any rate, assistance may be wanted in a moment. This can never be expected from a physician in good practice; and, however temporary and short, may be extremely injurious. For though the length of the labour be occasioned by false pains, they may, in an instant, and without any previous sign, turn out to be true. The inconvenience and risk in such a case are incalculable; and greatly increased by the anxiety of the patient for the doctor's absence, which adds both to her suffering and danger.

The most frequent case of a difficult labour, is where the waters come down long before the delivery. A hooding and contraction of the womb are the ordinary consequences, and a speedy delivery is the only way to prevent danger, which encreases every instant. It is, therefore, essential

to perform immediately, and not to wait till advice and aid can be procured from a distance.

The next object of consideration, is the use of instruments. On this subject I have to observe, that as there are cases where the employment of these are indispensable, such a remedy ought always to be provided for; but resorted to seldom. The impossibility of feeling with accuracy the force employed, the extreme tenderness of the object taken hold of, and other reasons concur, why the *forceps* should be avoided, except in cases of absolute necessity, and where the operation cannot be performed without them.

The use of instruments is now much less frequent than it was formerly; when it was not uncommon to see children brought into the world maimed and mutilated by the *forceps*. A pamphlet entitled, *The Petition of the unborn Babes of England, to the Censors of the College of Physicians*; and other writings (among which we may, perhaps, reckon *Sterne's* admirable

ridicule, under the whimsical character of Dr. Slop) led by degrees to an enquiry, followed by a resolution, not to depopulate the world by using machines, invented many years after its population.

Will it be believed, that it was *fashionable* to be assisted by the *forceps*, in-so-much, that they were used almost constantly, when Nature did not actually do the work herself? This preposterous process was unquestionably introduced by the faculty, to exclude the employment of women.

I mean neither to make any harsh observations which shall apply generally to the faculty, nor animadvert on any individuals of that respectable, learned, and useful body; but it must be allowed, that there is among them a disposition for the *mysterious*, very hurtful in a case occurring so often as child-birth, as it tends to increase the anxiety of the patient, and all that are about her, especially in a first pregnancy, where the want of experience, and the tattling of gossips, often create alarms and fears, attended with much danger.

As Fashion, and the practice of the Great, has the most powerful influence on those of inferior stations, I trust that on a full consideration of the subject, the BRITISH LADIES will set the example of employing their own sex in their labours, where they even think it proper to have a skilful physician or male operator at hand, to give advice and assistance, in cases of emergency ; I hope the Legislature will assist their laudable exertions, and lend its aid in giving encouragement, and procuring instruction to Female Practitioners ; and that these, feeling their own present inferiority, will strive to remove the cause ; whereby a total reform may be effected in the system and practice of Midwifery.

In the Introduction, I have shewn by what means Female Practitioners may be procured in sufficient numbers, and fully instructed to officiate on almost every occasion ; and, when they follow the advice here given, and are themselves intelligent, in every case where a surgical operation is not required.

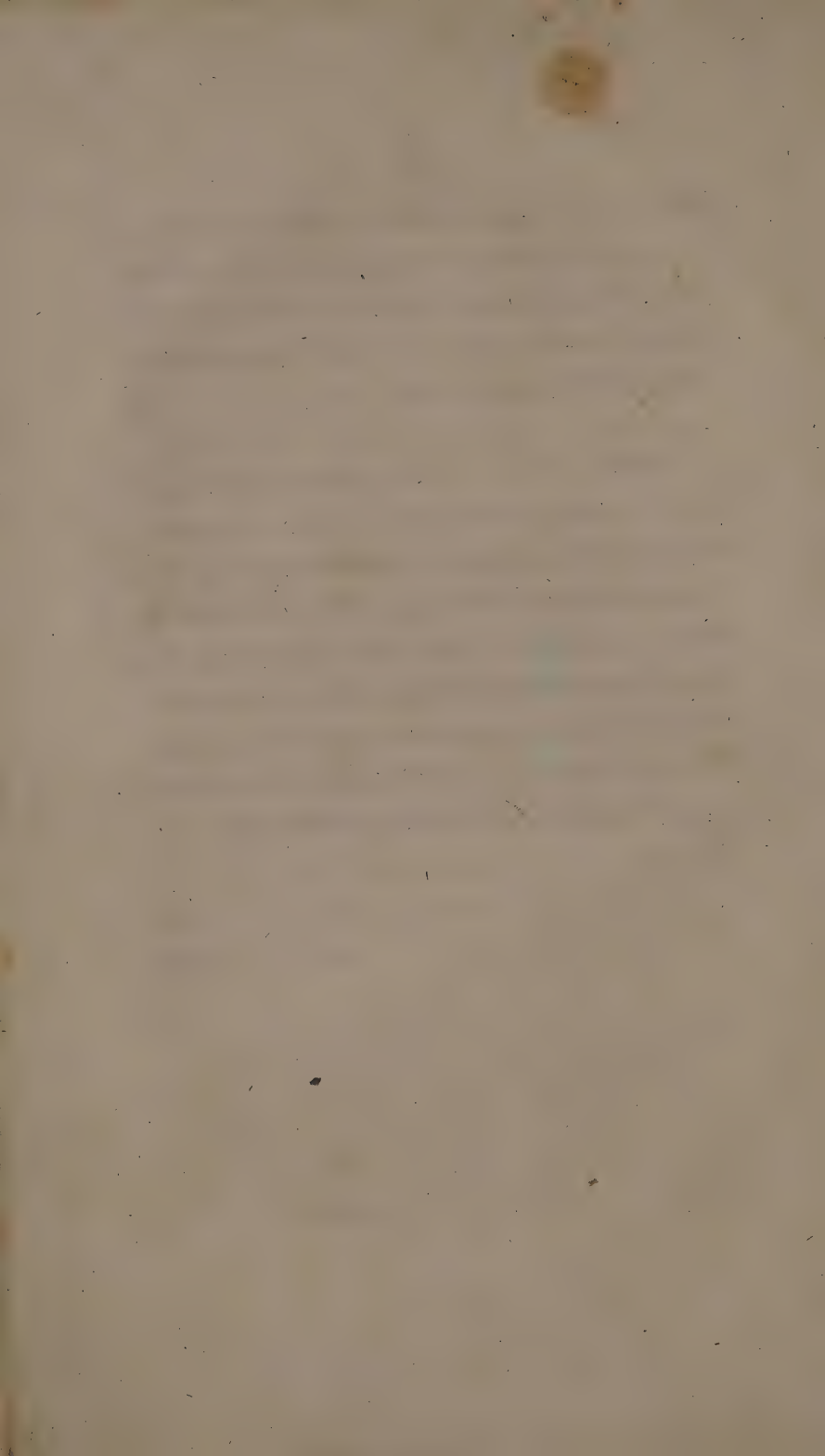
I wish it to be understood, that I by no means consider the employment of females to be necessarily extended to administering medicines, either during pregnancy or after it, where the patient is in a dangerous state of health ; because the reasons for preferring a Female Practitioner do not then exist in their full force.

It will in candour be allowed, that even if I have carried my principles of employing women too far, and that when male practitioners can be obtained, they are to be preferred, (which, however, I am by no means disposed to admit) yet still, as in the great majority of cases, both in town and country, particularly the latter, skilful Men-Midwives cannot be had, it is an object of national importance to procure the aid of properly instructed females.

I therefore trust, that those who read this book will take a liberal and general view of the subject it embraces, of the object I have in view, and of the mode by which I purpose it to be attained ; and they will be satisfied, that spleen or animosity

have no share in producing a work, the real, as well as the avowed purpose of which is public utility, and to rescue the most interesting half of society, from the inconvenience and apprehensions now attendant on pregnancy.

I ought not to conclude without observing, that the present publication is intended to promote the beneficial purposes of THE BRITISH LADIES' INSTITUTION, established under the patronage of many of the most distinguished Ornaments of their Sex and Rank ; a primary object of which is to instruct women, by precept and practice, in the Art of Midwifery, so as in a great measure to supersede the necessity of Male Practitioners.



INTRODUCTION.

NO subject can be of more universal importance than MIDWIFERY ; and yet no country attends so little to its improvement as Great Britain.

For this national imputation many reasons may be assigned. The English are a free people ; and therefore Government has not the power of interfering with the conduct of individuals, in many instances even where it would tend to their own advantage ; besides which, education is so very expensive in England, that many people are compelled to follow professions, though unqualified by a regular course of systematic study ; and although it may be said, that learning is, in general, more easily attainable in Scotland and Ireland, yet so far as it relates to MEDICINE and SURGERY, the difficulties are nearly the same.

Medical and Surgical assistance being too costly for the means of the lower order of society, a great and numerous class of people are thereby excluded from the advantages of assistance and advice in the hour of necessity; and this is an evil which can alone be remedied by the judicious interference of Government.

Assistance should, invariably, always be at hand, afforded to pregnant women, instantly, and gratuitously, at the simple request of the party. At Berlin, the Prussian government does, from state policy, what the feelings of humanity alone should induce us to practise in this country. There, *every pregnant woman, married or unmarried*, may present herself at an Hospital; she is admitted immediately, at her own request, and without any inquisitorial interrogation, delivered, and properly attended till her recovery.

What can be more distressing, than the situation of an helpless female near her time, wandering, like an outcast, from parish to parish, treated as a criminal wherever she appears, and unshel-

tered when the dreadful pangs attack her debilitated frame? Even the honest and industrious cottager, whose husband's means are insufficient to the necessities of his Family, is often compelled to forego that assistance which her helpless situation requires; for it unfortunately happens, that although our poor-rates are exorbitant, yet it is very difficult to obtain parochial aid without becoming the inmate of a Workhouse or an Hospital.

Policy, as well as humanity, requires that, as the wealth and strength of a state consists in the number of its inhabitants, there should be no obstruction in the way of their increase; and it certainly would be no infringement on the boasted privileges of this happy country, were all persons, whether male or female, excluded from the practice of MIDWIFERY, who have not passed a regular examination, and been declared equal to the undertaking. This, however, would be an injurious, rather than a salutary, regulation, unless the same means which went to the exclusion of improper practitioners, also PROVIDED THOSE WHO

WERE MORE FULLY COMPETENT ; for it would be dangerous, in the extreme, totally to withdraw assistance where it is so absolutely necessary, and where those even with little experience are better than none at all.

I propose, as a test of their ability, that those who would become practitioners, should undergo a strict examination, and be obliged to assist at some Lying-in-Hospital, for a certain time, where they should be required to deliver patients under the immediate inspection of a qualified Midwife.

As to their previous studies, these might be effected by aids from the parish ; or by BOUNTIES granted to indigent pupils.

Women Midwives, I must premise, cannot be initiated, like men, from their earliest youth into the practice of the profession ; females must become mothers, at least wives, before they can be bred to it ; but among the young married women of a parish, some are always to be found, neat and intelligent, who have been decently educated, and

exempted from the necessity of hard labour, and who enjoy a settled home. From such some might be selected for the business, and its progress facilitated by such premium as might induce, and enable them to pursue their studies. But in the present state of society, Women Midwives are the offspring of necessity, and seldom embrace the profession till late in life, when their sole qualification consists in a little casual experience.

It would be difficult, it is true, to prevent these women from assisting at a labour; but a penalty might be attached to such as received money for their trouble; and when better assistance is easily to be had, few will be so unwise as to put their lives into the hands of ignorance and inexperience.

England contains about 10,000 parishes, and 20*l.* on an average, advanced by each, would be sufficient to enable some respectable young woman to procure the necessary instructions to act as a Midwife; while a settled income of 2*l.* a year, with the addition of 10*s.* 6*d.* for every person

delivered, would be a sufficient recompence for the practitioner. The fee should be paid, by the parish, on demand, and without further ceremony than a certainty of the attendance and birth.

The whole expenses attendant on this Plan, for England, would be nearly as follows :

For 750 Midwives, to be educated annually, at 20 <i>l.</i>	<i>£.</i> 15,000
For an annual salary of 2 <i>l.</i> a year, to 10,000 resident Parochial Midwives.....	20,000
For a Premium on 150,000 *Deliveries, at 10 <i>s.</i> 6 <i>d.</i> each.....	80,000
	<hr/> 115,000 <hr/>

* The Society of Medicine, in France, having desired to know the state of Midwifery in that country, requested, in the year 1786, the superintendants of the provinces to furnish them with every necessary information on that important subject. That this undertaking might be executed in a uniform manner, tables, consisting of four columns, were printed ; they were required to contain, in the first column, the place of residence of the Midwives ; in the second, their names and ages ; in the third, the schools where they were taught ; and in the fourth, observations on the manner in which they performed their functions.

From the examination of these Returns, which have been transmitted to the Society, with the answers of the superintendants, it appears, First : That several extensive distrists are unsupplied with Midwives ; and Secondly, That the greatest

The whole of this expense would only amount to one 50th part of the poor rates ; but as it would tend, in a great degree, to diminish the expenditure of Hospitals and Workhouses, in reality it ought not to be rated so high. The *advantages*, however, which would inevitably result from it, ought to supersede every idea of *expense*.*

number of those who practise Midwifery have not studied the art regularly ; but have acquired it from the Midwives of the neighbourhood, and that they practise without judgment.

* Every Midwife might be expected to make as much more by her own private practice, in instances where the parish would not be required to pay.

Seven hundred and fifty, educated every year, is a full allowance, and as 10,000 (one for each parish) is the whole number to be kept up, if educated at the age of about 25, they would, according to the chances of lives, at least practise 20 years ; in which case, 500 qualified every year would be found sufficient. As to the calculation of 150,000 births, I estimate the number of births in England at 350,000 ; and suppose that one half would not require aid, and that 25,000 are already delivered at the public expense.

The Men Midwives would deliver a part of those who are brought to bed at their own expense ; but then, that would be more than compensated for, in point of gain, by the higher price which individuals in good circumstances would pay to Women Practitioners.

How inconsiderable this sum would be, if laid on as a *general tax* ! Its amount to each person would not exceed $2\frac{1}{4}d.$ per annum, and it would only add $\frac{1}{2}d.$ in the pound to our present taxes, or $3d.$ in the pound to the poor's rates. Thus the burden would be nothing compared with the multiplied advantages that would result from it ; and the poor would cheerfully await the eventful hour, consoled by a certainty of receiving every necessary assistance.

Having stated thus much, I shall now proceed, in a plain and simple way, to give my ideas on the best and easiest method of establishing the mode of education necessary for the accomplishment of my views. I must, however, premise, that I have no intention, in the subsequent pages, to attach any remarks to the profession of Men Midwives : I have confined my observations on them, altogether, to my Preface ; and I wish it to be clearly understood, that the following observations relate, solely, to Female practitioners, and the manner in which their studies should be regulated.

I do not wish to limit the practice of Midwifery to such women as are educated at the public expense, but would leave every woman who chose, free to qualify herself for the office; yet as the latter number would be insufficient, I propose, that fit persons, between the ages of twenty-five, and thirty, should be chosen, from their respective parishes, and entered as students at the nearest Lying-in-Hospital, subject to the following regulations:

First. They should be required to attend at twelve labours, in the neighbourhood where they reside; the officiating Midwife to be allowed two shillings and six-pence each, for his or her trouble in sending for them, and giving them such instructions as the case might require.

Secondly. Approved books on Midwifery should be put into the hands of the young practitioner, that she might have an opportunity of comparing what she sees, with what she reads; and seek an explanation of what she does not perfectly understand. This would lead her to a habit of think-

ing on the subject, and gradually prepare her for any unexpected difficulties that might occur.

Before I enter more fully on the subject, I must be allowed to make some remarks on the necessity of Study; on the advantages that will flow from it, and the general reluctance, I might almost say aversion, observable in most English women to improve by Reading; but without the aid of which they must never expect to equal men, even in their most ordinary pursuits; whereas, by proper application, they may, in many cases, surpass them. Music, for instance, is a science not to be acquired without study, and difficult to be attained, even by unremitted perseverance; yet women often excel in that charming accomplishment; and the present age can number many females as distinguished ornaments in Literature.

In pursuing this little work, I have taken infinite pains to make the subject plain and clear; it is divested of all technical terms, and reduced to a familiar style, adapted to every understanding. I therefore sincerely hope, that my Observations,

which are the result of experience, will be taken in good part, as they cannot fail to be very essential to the improvement of females, who naturally possess brilliant talents; although, instead of employing them advantageously, they too often suffer them to lie dormant, yielding, in many instances, the palm to man, where it should be the prerogative of their sex to excel.

A thorough knowledge of any science is only to be attained by assiduity and experience: and even experience will prove of little use, when the mind is obstinately bigotted to habitual opinions. This is frequently the case with Women Midwives; they assume an importance, and pretend to a degree of knowledge they do not actually possess; and which, if they really did, would be no good reason for their acting as they sometimes do.

Male practitioners, on the other hand, are influenced in a very different way; they are usually open to instruction, and vary their practice with their conviction. It so happens, that in ordinary female occupations, such as needle-work, &c. pro-

iciency is attained by the labour of the hands, without embarrassing the mind; and this it is that gives them a natural distaste for that sort of knowledge which is only to be acquired by Study: insomuch, that they can seldom be persuaded to consult a book even on cookery, though it is an art peculiarly the province of women.

Take a man and a woman who have been equally instructed, or without any instruction at all, and the latter will prove the best cook; but let them endeavour to excel, and the man soon gains the superiority. And why?---because the man reads ---study gives him improved ideas; he acts upon them; forms, and transforms his practice, till he attain perfection. The woman spurns at the introduction of any thing new, and obstinately continues the slave of prejudice. This is a very important consideration; and I hope Women Midwives will have too much good sense to be offended at the freedom of observations so well grounded, and so necessary to be attended to.

I could give twenty more examples, where women are, in a manner, expelled their natural

employments by the indolence of their habits ; not that they really want industry, but they are deficient in application. A woman is most assuredly better qualified than a man to measure ribbons and gauzes ; and she is more suitably adapted to deal in the various branches of millinery ; still a man-milliner, who makes it his business, fairly out-steps his female competitor in order, cleanliness, method, and every other requisite.

Suppose a man and woman, equally novices, should be accidentally called upon to assist at a labour, there can be no doubt that the woman would prove the abler assistant ; let them be called again and again, to the same office, and still the woman shall have the advantage ; but set each to study, and the man will soon leave the woman far behind him.

The art of MIDWIFERY may be divided into three parts :

THE KNOWLEDGE OF SYMPTOMS.

THE APPLICATION OF REMEDIES.

THE PRACTICAL OPERATION.

To understand Symptoms well, is the nicest and most difficult part of the profession. Remedies are well known ; but, if symptoms be mistaken, the patient may be injured instead of benefited, by their application. As to the practical part, it is quite impossible to be capable of lending effectual aid in any difficult case, unless the operator be well acquainted with the form and construction of the womb, as well as the parts adjacent. When that is perfectly understood, a woman may assist better than a man.

In a word, there are no real difficulties to contend with ; let prejudice be set aside, and the woman who regularly studies to be an expert and skilful Midwife, will certainly become so. When the young practitioner has been present at a few labours, and read, attentively, both cases and descriptions, she will be prepared to benefit by such lectures as may be delivered on the subject, and should therefore attend the nearest Lying-in-Hospital where lectures are given,* furnished with

* I think it may not be improper to suggest, on this occasion, that if the inhabitants of the parish were to collect a small

a letter from the parish she belongs to, which should admit her to the lectures *gratis*. Another letter to the matron should be given, who should board the student at a regulated price to be fixed by the Governors of the Hospitals. A Woman Midwife should also be deputed to attend the Student, not only at operations, deliveries, &c. but should go through the different wards with her, shew her every case, and prevent all those inconveniences which might otherwise arise to a woman who placed herself for instruction at such a place.

The student should be obliged to attend three Courses of Lectures; and, having done so, she should then undergo an examination by Midwives, in the town where the Hospital is situated; who, knowing nothing of her, could not be influenced in their report.

sum, or if the church-wardens, (where they can afford it) were to enable the young practitioner to go to London, Liverpool, Edinburgh, Manchester, or some great town, it would be well worth while; 20*l.* extra would do this.

A system of education thus pursued, could not fail to qualify a Woman Midwife in all ordinary cases ; and those who were diligent and attentive, would soon attain reputation in the profession.*

Women, from the adoption of this plan, would have confidence in the assistance and abilities of their own sex ; a circumstance highly necessary both to delicacy and safety : for, as uneasiness of mind increases the danger, as well as the pains, of labour, a confidence in the operator is the first step to ultimate success.

All that I have said, however, will very little avail the public good, unless I am assisted in the prosecution of my plan, by the united interference of persons of weight and reputation, who will not think it beneath them to step forward in the cause of humanity ; otherwise, male practitioners,

* I flatter myself that the recently established BRITISH LADIES' INSTITUTION, *for the encouragement of Female Midwives and delivery of pregnant women, gratis*, the Plan of which is inserted at the end of this Work, will tend, in a great degree, to carry into effect the beneficial purposes here proposed.

who are a very numerous body, and possess great influence, will certainly oppose every innovation, calculated to retard their career, and hold up every subtlety of argument to discredit and counteract my efforts; and although they cannot contradict my assertions, yet sophistry often prevails against reason; and an unsupported individual would idly contend with a whole incensed fraternity. My arguments are solid and incontrovertible. I do not say it from presumption; but, though a young man, I have had more practice than is necessary, with a common capacity, a professional education, and diligent attention, to understand the subject.

The opposition will not be founded in my error, but in an apprehension that I may injure a body of men, to whom I certainly owe no ill will, whom I respect collectively, and many of whom I esteem individually; but, in so momentous a public concern, the forms of courtesy, and the plea of private friendship, are minor considerations. I feel convinced that male practitioners owe all their influence to the want of systematic education in the females; which objection being removed, the

latter must eventually prove preferable. In substantiating this argument, I shall merely refer to what nature has pointed out in such situations.

In all ordinary cases of labour, in all the usual diseases incident to pregnancy, either before or after the birth, certainly the Woman Midwife is a more *natural* attendant than a Man can possibly be: even in lingering, or difficult labour, there ought not to be any other assistance; but when a surgical operation is to be performed, I admit the propriety of employing a male operator.

Thus it would appear, that the assistance of the Man Midwife is not absolutely necessary, till the patient's danger is real and certain; for as to any previous consultation during pregnancy, there can be no doubt as to the delicacy and propriety of consulting Women.

It may be said, and possibly with correctness, that I carry my ideas, on this subject, to the extreme. As I know nothing equal to candour in matters of opinion, I am ready to confess, that

I may have gone to the full extent; but still I am conscious, that the solid advantages society would reap from a partial enjoyment even of the benefits I have promised, would more than fully compensate for the expence: at all events, if it be found impracticable and impolitic to supplant the male practitioner, still it would be well, that skilful women might be found, where men could not be had.

There are probably 250,000 children born annually in this country, the greater part of whom are entrusted to unskilful hands: distorted limbs, diseased bodies, and death, are the too frequent consequences; as will appear from a review of the annual mortality. Shall I then plead in vain for helpless mothers and those unborn babes, who, at some future day, are destined to people the land? Charity says, No! The numerous benevolent institutions, voluntarily supported in this land of liberty and humanity, the national aid given to the Society for extirminating the Small Pox, and the characteristic virtues of my fair country women, and gallant countrymen, assure

me I cannot plead in vain on so important a subject. With this conviction, I claim the public interest, in behalf of a work, the end of which is benevolent, and the means practicable.

A COMPLETE
SYSTEM OF MIDWIFERY.

Of the Womb, and adjacent Parts.

PURSUANT to the plan of this work, we shall, in describing the anatomy and construction of the human frame, confine ourselves solely to the womb, and parts so nearly connected, as will assist the understanding of PRACTICAL MIDWIFERY.

All that part of the body, below the *midriff* is called the belly; its inside form is irregular, and, at the upper part, it slopes backward, owing to the situation of the midriff; behind, it is divided into two parts, by the projection, inwards, of the spine, and the ring, formed of bones, which makes it nearly of the shape of a bason, and is called the *Pelvis*.

This bason is composed of several different bones, called the *sacred bone*, and *rump bones*; there are two others, also, called *nameless bones*.

The *rump bones* and *sacred bones* compose the back part of the bason, and the *nameless bones* make up the sides and forepart, consisting of the *haunch*, *seat*, and *share-bones*.

The *haunch-bones* are connected with the *share-bone*. The *seat-bone* is that on which the body rests when sitting, and the *share-bones* are situated between the groins.

The *haunch-bone* spreads upwards and outwards at each side, and forms the lower belly. At the fore part, above the top of the thighs, it is irregular, with two projections, to which the fleshy parts are attached.

The under part of the *haunch-bone* alone belongs to the *pelvis*, and forms a ridge from the top of the *sacred-bone*, below which it is scooped, or hollowed out; through which opening a *nerve*, and *blood-vessels* pass to the lower extremities.

The *seat-bone* extends below the fore part of the *haunch-bone*, to that part on which the body, when sitting, rests, and this part is defended by a gristle; at the back part, it has two projections to which ligaments, or cords, are fixed, extending to the *sacred bone*.

The *share-bones* and *nameless bones*, (for there are two in each) are joined together, and fill the space that is between the groins.

By the upper edge of the *share-bones*, and the *sacred* and *haunch-bones*, an irregular ring is formed, called the *brim* of the *pelvis*.

At the fore, and upper part of each *share-bone*, there is a projection to which the fleshy portions, affixed to the extremity of the *haunch-bone*, are attached.

The *share-bones* gradually separate from each other, towards the lower part, as they proceed to join the *seat-bone*, by which a sort of arch is formed between them, called the *arch* of the *share-bones*.

At the inner side of the top of each thigh there is a large oval hole, surrounded by the *seat-bones* and *share-bones*; this is covered by a strong membrane, and serves as a passage for a nerve, and blood-vessels.

In the middle of the outside of each of the *nameless-bones*, is a round deep hollow cup, or socket, which receives the top of the thigh bone. All the proportions of the *nameless-bones* serve to form the socket or cup. Thus the *bason* is of a very irregular shape, and its *brim* is in a slanting direction when the body is erect.

The *sacred bone* is joined to the last bone of the spine, so that its upper part projects forward, while the other part, together with the *rump-bone*, inclines backwards.

The *nameless-bones*, at each side, are joined to the upper half of the *sacred-bone*, in a firm manner, as if glued together: and the union is secured by strong ligaments at the fore part, directly under the navel.

These bones combine to form a ring, through which the infant passes into the world.

The apertures, or separations of the bones, at the lower part of the bason in females, serve as a passage for the child.

The *pelvis* supports the body, attaches to the *thigh-bones* firmly; and in its hollow, or cavity, several organs are safely lodged.

A number of fleshy portions, attached to the ribs, to the *haunch* and *share-bones*, form the belly, and connect the whole together.

The spine forms the back part of the belly, and is connected by fleshy portions, with the fore part on each side, nearly of the same nature with the fore part itself.

At the lower part of the openings left amongst the bones, (as has been described) and from the construction of the fleshy part, room is left for the necessary discharges of the body.

The *rump-bone* in its natural position, projects a good deal forward; but is capable of being pushed back, till it is in a line with the *sacred-bone*.

The brim of the bason is of an oval figure,

and in an ordinary-sized and properly formed woman, measures about four inches, from back to front, which is the flat way of the oval, and five inches from side to side, which is the long way.

During the time of labour, the bottom of the *pelvis* becomes nearly as long, and of the same form with the brim, only that the long way of the oval is from back to belly, five inches, and the short way, from side to side, four inches; that is to say, each are ovals, but lean across one another, so that the widest part of the brim is above the narrowest part of the *pelvis*.

The depth of the *pelvis* is not the same throughout. It is only about two inches before, four inches at the sides, and six deep behind, when the rump bone is pushed back.

The child passes through the opening of the bason during labour; and the head, which is nearly of the exact form to fill it, as a ball does a socket, generally comes down first: the head being oval, and nearly of the same form with the *pelvis*, and both being soft at that moment, the bones of the head forming the skull being loosely connected, and the *pelvis* capable of extension, being the work of nature, is performed, as most works are, by a *yielding on both sides*, till the parts are adapted for, and fit each other.

The passage out of the womb itself, which, in

its natural state, before the woman conceives, is small and hollow, nearly like a flattened pear, and is placed in the cavity of the bason, between the strait gut and bladder; extends about two or three inches, and is a little below the brim of the bason. The mouth is the lowest part, when the body stands upright, and is formed with two fleshy deep lips, but the form and construction of this varies in different women.

The womb is formed of a very compact fleshy substance; and is supplied with a great number of blood-vessels, lymphatics, and nerves; the inside being lined with a very fine skin, which is a little wrinkled in young women, but more especially towards the neck or mouth.

It is from the inside of the womb that the monthly courses, or periodical evacuations proceed; although before conception, as has been said, it is very small.

The mouth of the womb joins to a canal, or passage, called the *vagina*, which is a membranous fleshy composition, capable of being enlarged, or stretched, and has in itself a contractile power; its length is in general four or five inches, and its breadth between one and two.

The inside of the *vagina* is a *layer* of much greater length than the others, and forms a number of small folds in women, during the early part of life, but after bearing a number of children, the

folds wear away the surface of this *layer* ; that is to say : the inside of the passage has many *mucous glands*, and is extremely sensible and elastic.

The *vagina* passes down between the straight gut and bladder, under the arch of the *share-bones* ; it is united with the bladder, and the passages from the womb and bladder ; where, like two rivers, they become one and the same, before they reach the mouth, opening, or external surface, which is a very fleshy part, having a broad doubling at each side, called *broad ligaments*, or in common language, the lips of that part ; they are covered with the same skin as the rest of the belly, of which it makes the lower part.

These doublings connect together the sides of the *bason* and the womb, but in a loose flexible manner, so as to admit a change of form and position.

Two small narrow fleshy canals run along the upper part of the broad ligaments in a crooked direction, and end at the sides of the *bason*, in a fringed substance, which hangs loosely in the cavity of the belly, and which are called *fallopian tubes*.

Both at the fringed end, in the cavity of the belly, and at their entrance into the womb, these *fallopian tubes* are very narrow and small, but they are larger and wider in the middle space between.

About one inch or more from the womb, on each

side, are two small bodies, round, compact, and glandular ; they are about the size of a large nutmeg in a young woman, but become shrivelled and smaller by the birth of many children : these are called *Ovaria*.

At the fore part of the womb are two round cords, called *round ligaments* ; they are composed of nerves and vessels, interwoven, or entwined together, and attached to each groin.

In the outer part of the womb, or mouth, which is visible, there is a great variety of forms, as well natural as accidental.

Sometimes the passages are shut up by a membrane, or skin, that extends across and obstructs the courses at the period when nature begins to evacuate ; whenever that happens, it is attended with many troublesome and painful complaints ; as the discharge that should have taken place accumulates within, produces violent bearing-down pains, accompanied with swelling of the belly, which have sometimes risen to such a pitch as to be mistaken for pregnancy and labour.

The pain ceases, in a great measure, between the monthly periods ; and when this obstruction is fairly ascertained to be the case, which is not difficult from its continual monthly return, and total want of natural evacuations, it becomes necessary to make an incision.

Marriage is a certain specific. And it is an indispensable duty on the female relations of a young woman so afflicted, to procure her relief. It is unnecessary to explain, after what has been said, that it is an operation unattended with pain or danger.

The external parts may become of an unusual form, by excoriation, or a loss of skin, sometimes occasioned by a want of proper cleanliness, which ought to be considered as one of the means of preserving health; and it is in those parts that cleanliness is most necessary. Next to a proper and well-regulated regimen of diet, exercise, and cheerfulness of mind, we must place cleanliness as an essential good, equally conducive to the health of the body, and the mind. Considered, therefore, as the cause of cheerfulness, it may be ranked next to diet and exercise.

When, with this loss of skin, inflammation takes place, the application of cloths dipt in port wine, or a weak solution of sugar of lead; when of a more serious nature, the application of spermacæti ointment on fine linen will answer the purpose; but it sometimes may be necessary to apply a poultice; in which case I would recommend one of soft bread, soaked in a strong solution of sugar of lead. When this is attended with a great itching it is of more serious nature. A low diet, cooling physic, and an application of Gowland's

cerate to the parts, and not to indulge in strong and rich food, is necessary to facilitate the cure.

The *vagina*, or womb, has sometimes, on its external surface, fleshy excrescences or swellings, called *polypous tumors*, which are, in some instances, very hard, in others about the consistency of flesh, and in others soft, like a sponge; and they are various in size and shape, as they are in substance. When these excrescences become large, they are inconvenient, and even dangerous: and have sometimes been mistaken for a *descent of uterus*,* or head of a child.

Healthy women have their courses the most regular: but those in bad health sometimes have too much, called a *flooding*; or have them sparingly and irregular, and even have been known to want them altogether.

Women of the lower ranks, who take proper exercise, and cannot indulge themselves in their manner of living, are generally very regular: unless they are of a diseased habit of body, or in consequence of some accident; while women of rank, and in affluence, who indulge in ease and luxury, are subject to head-ach, sickness, and pains in the back and loins during the time of their courses.

In cases of pain, sickness, &c. it is necessary to eat and drink with moderation, to lie down frequently, and take some warm drink, such as whey, gruel, &c. and with care abstain from *violent*

exercise, catching cold, or committing any irregularities. Opiates, such as fifteen or twenty drops of laudanum taken in one of these drinks going to bed, will be found to answer.

When small fleshy, or slimy, substances come down with the discharge, it is necessary to be very careful; and then the warm bath should be used. If it proceed from cold, irregular living, or neglect, or from violent grief, or anger, a gentle vomit, or laxative, should also be taken; but if it proceed from weakness, then a nourishing diet, with moderate use of wine, and Peruvian bark; the cold bath, and an infusion of horse-radish, ginger, camomile, or balm tea, will be found advantageous.

As the remedies in different cases, for the same disease, when it arises from different causes, are opposite, it is of great importance to observe, carefully, the symptoms, and treat the disorder accordingly; but, as a general rule, moderation in diet and exercise is a safe one: and much danger is incurred by taking medicines to force or stimulate. Electricity has sometimes produced good effects in removing obstructions.

When women have had their health impaired by several miscarriages, or have had their constitution weakened by poor living or low diet, or anything else that weakens them, they are liable to have a long, continued, and immoderate discharge; and that oftener than the regular times;---in those

cases, loss of appetite, languor, and weakness are the general consequences, attended with pains in the loins and faintings.

This is a dangerous case, and great care should be taken, and the advice as above given, attended to; for if neglected, swelling of the legs, a combination of nervous disorders and hectic fever may be the consequence.

When the blood that comes down is clotted, or in lumps it is a sign of a diseased state of the womb; for when that is well, although the discharge may be too great, or too small, it is never in a coagulated or clotted state.

It must be repeated, that it is the nature of the case which must determine the mode of cure: and that medicines are not so much to be depended on as a proper regimen of diet and exercise; living regularly, avoiding violent exertions, and painful disagreeable thoughts, as much as possible.

When the discharge, however, is so violent that some immediate remedy must be found, and that a proper regimen will not repair the state of the body quick enough, the woman should be kept as cool as possible; and light nourishment, with some wine, should be frequently given.

A nitrous mixture of allum whey, (allum will curdle milk, by putting one quarter of an ounce into a quart) taken by a cupful at a time frequently, (once in two hours, or oftener) will be

found to operate to advantage ; and if the pain and anxiety is great, laudanum in doses of from twenty to thirty drops, to procure sleep, will be useful.

The belly must be kept open by purgatives, but not by injections, as they may too much augment the discharge.

Oak, or Peruvian bark, rendered a little sour or acid by elixir of vitriol, will help to strengthen the habit of body, and to prevent a return of the disorder.

About the age of forty-five, or forty-six, a few years more or less, the courses cease, as by the nature of the female, when she is no longer capable of breeding a child ; no efforts should be made to bring them down, even if the woman herself should be inclined to think that the stoppage has come a few years too soon.

At this period of life, they sometimes stop all at once, and never return. At other times, they become irregular, and diminish, by degrees, sometimes more, sometimes less, for years together ; and it is not uncommon for women, after that, to enjoy their health better than ever they did before, at any time in their lives.

Of Pregnancy.

ALTHOUGH Pregnancy is attended with many inconveniences, and even diseases, which require much care and attention, it is well known, that women who bear children enjoy, usually, more certain health, and are less liable to dangerous diseases, than those who are unmarried, or who prove barren.

In consequence of conception, the womb undergoes very considerable changes in size, shape, situation, and structure.

Neither the shape nor size of the womb is much changed till after the fourth month; but its structure is considerably altered in a very short time after conception, the mouth being closed with a glairy substance, which, as it were, seals it up, and prevents any thing passing out from, or into it.

The situation of the womb during the early

months is not materially altered, for it remains within the cavity of the bason till the fourth month, when it begins to ascend.

The substance of the womb becomes spongy at the bottom ; and the blood-vessels which enter at that part are gradually enlarged in size, though they are not so large till after the fifth month, to be capable of admitting much blood.

After the fifth month, the womb increases rapidly in size : and then can be felt plainly by the hand, applied externally. Between the eighth and ninth month it is so large as to be twelve or thirteen inches in length, and eight or nine in width, at its broadest part.

The shape of the womb, in the latter months, is somewhat oval ; it, however acquires this form by degrees : for, till the sixth month, its neck remains nearly in its usual state ; after that time, it gradually enlarges, till at last, its original appearance is entirely changed.

As the womb is attached to the sides of the *pelvis* only to the extent of about three inches above its mouth, by far the greatest part of it is fixed to none of the surrounding parts ; and it is therefore quite unsupported, like a balloon or blown bladder, pressing against the intestines.

After the fifth month, the womb ascends by degrees as high as the pit of the stomach, at which it arrives a little after the eighth month, and then

it again sinks considerably: so that immediately before labour comes on, in many cases, the belly appears much lessened.

The child, in the womb, is enclosed within a bag, formed by three membraneous coats, and is surrounded by a watery fluid; the outermost of these coats is rather thick, and is attached to the whole internal surface of the womb; the other two coats seem to belong to the child; they are transparent and strong, and increase in size as the child increases in growth.

The child is connected with the mother by a strong spongy substance, called the *placenta-cake*, or *after-birth*, lying between the outer and the inner coats of the bag in which the child is contained; it touches the outer coat with one side, and the coat next to it with the other.

The side of the *cake* next the womb is spongy, and receives blood from the arteries of the womb, to which the blood returns by large veins.

The side of the *cake* next the child is altogether different, and consists of an immense number of very small blood-vessels, interwoven together, which receive blood from, and return it to the child.

The *cake*, therefore, consists of two parts, which are very differently formed, and have a distinct system of blood-vessels; for the one belongs exclusively to the mother, and the other to the child,

and no blood appears at any time to pass directly from the one to the other.

The child is connected to the *cake* by a cord, called the *navel string*, or *umbilical cord*; this consists of two arteries, a vein, and a quantity of jelly-like substance, covered by a skin, which joins the two internal coats of the bag containing the child.

One end of this cord is attached to the *cake*, the other to the child; it is fixed to no particular part of the *cake*, being sometimes connected with the middle, and sometimes with the edge: the other end goes to the navel of the child.

When the *navel-string* is so much compressed that the blood cannot pass through, it causes the death of the child. The *cake*, it is probable, serves the same purposes to the child before birth, that the lungs do afterwards.

The *cake*, or *after-birth*, by which the child is connected to the mother, is not attached to any certain part of the womb; for it is sometimes fixed to the *orifice*, or *neck*, but more frequently to, or near, the bottom.

The water contained within the coats which surround the child, seems to approach in its properties to the nature of urine; this fluid is seldom, except in the early months of pregnancy, quite pure, being liable to become polluted by impurities from the child.

It is very essential for Midwives to be acquainted with the position of the child in the womb, that they may be the better aware of the dangers to which the lying-in woman is subject.

The child, during the early months of pregnancy, floats loosely in the fluid by which it is surrounded ; but, after it has increased to such a size, as nearly to fill the womb, it is folded into an oval figure, so that it takes up as little space as possible.

One or other end of this oval figure which the child forms is commonly placed at the mouth of the womb, and most frequently where the head is. Sometimes, however, the other end is in that situation. It also happens, though very seldom, that the ends are placed towards the sides of the womb, a circumstance which renders delivery difficult and hazardous. Of the many dangers incident to child-birth, one of the most serious is this position of the child.

The contents of the womb increase in size at first very slowly ; at eight or nine weeks from the time of the conception, the *bag*, containing the child, is seldom larger than a hen's egg.

When more than one child is contained within the womb, each is inclosed in its own proper *bag*, and is attached to the mother by a *cake* belonging to itself. In many cases, however, the *cakes* nearly join each other, but the *navel-string* which belongs to each child points out the distinction between

them, and proves, that a single *cake* cannot serve two or more children. In some rare instances, the blood-vessels belonging to the child of each *cake*, communicate with each other. Hence a particular precaution in the management of the delivery of Twins becomes essentially necessary.

A child born at the full time, generally weighs from six to ten pounds, but very seldom more; and every child that does not weigh five pounds, may be considered as coming before the time.

During the first fourteen, or fifteen weeks, the signs of pregnancy are very uncertain; for as they proceed from the influence of the womb, and other parts, they may be occasioned by any circumstance which alters the natural state of that part.

The first circumstance, and the one to be most attended to, as indicating probable pregnancy, is the suppression of the periodical evacuations, or stoppages of the courses, in consequence of the mouth of the womb being shut, as has already been observed; this is generally accompanied by headaches, flushings in the face, and heat in the palms of the hands.

But as this stoppage often happens from exposure to cold, or from change of living, it never can be considered as a certain sign.

Sometimes women, after they are pregnant, undergo an alteration in their looks, and have irritable sensations that render their tempers easily

ruffled, and incite an irresistible propensity to actions of a lascivious nature. In such cases, the features have a sharp, keen, expression: the eyes appear larger, and the mouth wider than usual; and the woman has a particular appearance, indicating a wild, uneasy, and unsettled mind.*

These breeding symptoms take place from the irritation produced on the womb by conception; but as they may proceed from other circumstances which stimulate that part, they cannot be depended on, in cases where the woman is not young, or in good health, or where there is not a continued suppression for, at least, three months.

From the fourth month, the signs of pregnancy are evident, after the womb has ascended into the cavity of the belly.

About the fourth month, in general, or a short time after, the child becomes so much enlarged, that its motions begin to be felt by the mother: this is called *quickening*, and it is generally considered as the most certain proof of pregnancy; but as the motion of the child cannot be explained, or accurately described, women may, possibly,

* It is in consequence of this situation, that we so strongly recommended Women Midwives; as owing to this very derangement the presence of men is often attended with most improper consequences.

sometimes mistake other sensations for that of quickening.

After the fourth month, the womb rises gradually from the cavity of the basin, enlarges the belly, and pushes out the navel; which last circumstance may be considered one of the most certain signs of pregnancy in the latter months. Yet as any other circumstance tending to increase the bulk of the belly may occasion this symptom, it cannot be implicitly relied upon, unless other signs concur to strengthen the belief.

The gradual increase of the belly, attended with a suppression of the courses; after having been formerly regular, and the consequent symptoms, together with the sensation of quickening at the proper time, constitute the only certain signs of pregnancy.

It is, however, a good general rule, that whenever irregular symptoms afford room for doubt, the woman should, for a certain time, be treated as if pregnant, in order to avoid those unfortunate consequences which might take place from an opposite treatment.

Women who are married at a late period of life, and anxious to have a family, are most apt to mistake the circumstances which appear at the decline of life for the signs of pregnancy; such cases are highly troublesome to those about them; for the woman studies the breeding symptoms, and

very easily imagines that she feels every one of them.

The principal diseases incident to the progress of pregnancy are sickness and vomiting, heart-burn, a disordered state of the bowels, unnatural cravings, swelling and pain of the breasts, fainting, and nervous fits.

The most healthy women are as much subject to sickness, and vomiting, during the early months of pregnancy, as those who are weak and delicate; the symptoms require, however, very different treatment in those opposite states.

When sickness or vomiting is attended with violent straining, bleeding at the nose, pain, or giddiness in the head, flushing in the face an increased heat in the palms of the hands, with other symptoms of fulness, and disturbed rest; blood-letting, with gentle purgatives, and a spare diet, afford the greatest relief.

But, if the vomiting occur in tender, delicate women, and be attended with great weakness and languor, and a disposition to sweat, a very opposite plan of treatment is necessary;---in such cases, a light nourishing diet, with a moderate use of port wine, will be found most advantageous: while bleeding and purgatives should be avoided.

Small doses of any light bitter, such as columba or Peruvian bark, should be taken daily, during the early months of pregnancy, by delicate women:

who ought, at the same time, to use moderate exercise.

Though women, during pregnancy, often vomit spontaneously, yet emetics, as they act in a different manner on the system, are very apt in the first months to occasion abortion. I therefore think they should be very seldom resorted to, perhaps entirely omitted. I should not venture to give this caution, in opposition to the practice of the first men in the Midwifery branch of the profession, if I were not convinced of its propriety, from several instances that have occurred within my own knowledge.

The breeding sickness continues, frequently, in defiance of every remedy, till the womb rises into the cavity of the belly, and the child has quickened, when it generally ceases.

When the sickness is violent, but the stomach not disordered, opium, in small doses, often affords temporary relief.

An opium-plaster, applied to the pit of the stomach, has often moderated the sickness, when other means had failed;---plasters composed of stimulating and heating materials are not safe, and ought not to be used without extreme caution.

The stomach is very likely to become disordered in the early months of pregnancy, and attended with looseness of the belly.

When looseness is accompanied with symptoms

of a disordered stomach, such as foulness of the tongue and mouth, a strong breath, or belching, gentle doses of magnesia and rhubarb, and a regularity of diet, are recommended :---when there is no sickness, two or three doses of magnesia and rhubarb will be sufficient.

In these cases opiates, or restringent medicines, tend to increase the disordered state of the bowels, and therefore ought not to administered; but, if looseness of the belly proceed from an irritation produced by the increasing bulk of the womb, and not from a disordered stomach, small doses of opiates will then prove beneficial.

This cause, that is, the size of the womb, may be suspected, if the looseness be not attended with symptoms of a disordered stomach. In this case, when the straining at stool is violent, or very frequent, occasional injections, made of thin starch, with sixty drops of laudanum in each, may be used with advantage.

Pregnant women have frequently unnatural cravings, or longings, which are sometimes involuntary, particularly where they are confined to articles of diet.

In all cases where the stomach is disordered, there are cravings: and when the thing longed for is brought, the diseased person often cannot eat it. The state of the mind during pregnancy probably increases the violence of these cravings, that might,

under other circumstances, be only felt as momentary desires.

Longings should be in general gratified: for, when the appetite is feeble, and the powers of digestion impaired, the stomach frequently throws up particular substances and retains others.

The idea, well or ill founded, that generally prevails, of the child being affected by a disappointment in any particular longing, greatly increases the desire of getting the food longed for.

Although an unlimited indulgence of every fancy is improper, yet the wished-for substance should be allowed, as it may, perhaps, agree better with the stomach than any other, and as disappointment is attended with many disagreeable circumstances.

The idea that the imagination of the mother has the power to produce marks on the body of the child may be wrong, yet many people persist to favour this opinion.

There are a variety of opinions with respect to marks on the infant, supposed to arise from longings, because they cannot otherwise be accounted for. Even Dr. *Hamilton* attributes them to accidental injuries of the skin, while the child remains in the womb; but this is impossible. The child is swimming in water; so that, if susceptible of a bruise, it must necessarily make a scar on some part, flatten the nose, or crush the head;

but it could never make a claret-coloured mark on the neck, the part, of all others, the least exposed.

It may, however, be accounted for in another way. In the semen, of which human creatures are so "fearfully and wonderfully made," certain properties are common to all;---I mean such as regulate the number of organs, the limbs, number of toes, &c. But others are peculiar and particular; such as give an infinite variety to the features, as remarkable for their diversity as the former are for uniformity.

It is certain that sportive nature is thus the cause of moles on the skin, and all the peculiarities of form that distinguish one person from another, but which escape notice, unless when they happen to be remarkable; but if this natural cause makes a mole on the neck, may it not equally account for red spots, hair-lips, &c. &c.? For it is to be observed, that even in those marks there is a limited, though a diversified number and character. Crimson marks, spots, &c. are assimilated to a peach, a bunch of grapes, &c. &c. as 'fancy creates objects in the fleeting clouds.

Still it must not be asserted, that the mother's imagination cannot affect the form of the child, merely because we do not know how. That is the worst reason possible, as we are equally ignorant

of the whole mystery of conception and animation.

But although we are not to reject a cause on account of our not understanding it, we are warranted in believing a cause that we do understand, in preference to one we do not ; and as there is some peculiar nature in the original seed, that gives the variety to bodies in their general organization, otherwise perfectly alike, it is not unreasonable to attribute peculiar marks to that cause.

From the connexion between the womb and the breasts, they, in the early months of pregnancy, often become swelled, and occasion much pain. These symptoms are most distressing to women in a good state of health, and a full habit of body.

In general these complaints only require, that the breasts be kept loose, warm, and well covered with some soft substance, and never by stays ; an article of dress at all times injurious to health ; which I was happy to find of late years exploded by the ladies, but regret to see now, once more, brought into fashion.

When pain and swelling render the woman uneasy, olive oil, which is the common salad oil, rubbed gently and frequently on the breasts, and afterwards flannel applied, will give relief. The bowels should be kept open ; and if there be marks

of general fulness, blood should be taken from the arm.

The tooth-ach is a complaint to which breeding women are very subject, particularly during the early months of pregnancy; though this disease is not attended with dangerous consequences, yet it is extremely painful, and troublesome.

If the tooth be rotten, or carious, a grain of opium put into the decayed part; tiles heated and wrapped in flannel; camomile flowers baked till they are quite hot, put into flannel bags and held to the face,---are the most likely to afford relief;---thirty or forty drops of laudanum may be taken, safely, to procure rest.

The uneasy sensations of the heartburn sometimes accompany every stage of pregnancy, though generally during the first months only. This complaint often arises from the same causes which occasion sickness and vomiting, and requires a variety of treatment, according to the state of the patient.

When this pain is attended with a constant desire to hawk up phlegm, a dose of magnesia and rhubarb should be taken, and afterwards small doses of Peruvian bark, with elixir of vitriol twice a day.

When the heartburn is attended with a sour taste in the mouth, prepared chalk, mixed with water or magnesia, will give relief. The belly

should be kept gently open, by means of rhubarb and magnesia, and a spare regular diet adopted; but if the patient be in a full habit of body, letting blood will be of service.

Women are sometimes subject to hysterics, and fainting fits, during the early months; particularly about the time of quickening; but these are only temporary symptoms; and though, in some cases, they be attended with alarming appearances, in general they are slight, and of short duration.

The treatment of these complaints must vary, according to the state of the body; if they be attended with any symptoms of fulness, blood-letting, spare diet, and an open belly will give relief; but if the woman be of a weak irritable habit, good diet, and regular exercise will usually operate well.

In such cases, opiates are the best for removing the immediate complaint; and change of scene, cheerful company, moderate, easy exercise in the open air, together with the use of any gentle bitter, will most likely prevent their return, or lessen their violence.

All liquors, or cordials, should be avoided, unless on the most pressing occasion; and when they are allowed, they should be confined to wine and water.

The temporary relief afforded in nervous complaints by the use of strong liquors, introduces

bad habits, and ought, by all means, to be avoided, as attended with the worst consequences.

From the situation and size of the womb, during the latter months of pregnancy, women are subject to many complaints, particularly costiveness, piles, swellings in the lower part of the belly, pains in the back and loins, coughs, and shortness, of breath, cramps, cholic pains, and retention, difficulty, or incontinence of urine. Costiveness, which at another time is not productive of much danger, is highly so at this moment.

The pressure of the womb on the contents of the belly, must contribute very much to bring on costiveness; and more than one day should not pass without a motion;---regularity, in this respect, may be obtained by the use of a considerable proportion of vegetables in the diet; and by taking now and then a gentle dose of physic. Most of the advertised purging pills are, in this case, improper, their principal ingredient being aloes, which are very apt to occasion piles.

But if it has continued for several days, the woman ought immediately to apply for advice; for, if she take any ordinary laxative medicines, they will increase the danger of the disease; as the coarse, hard, solid contents of the intestines will either be expelled with great pain, and much difficulty; or, if retained, will greatly irritate the bowels.

In these cases, therefore, repeated softening injections should be used before any laxative medicines are taken.

Piles are the common attendants of costiveness; and when they are not attended with a discharge of blood, are named blind; and bleeding, when blood is discharged from them. They are divided into external and internal, from their particular situation; for, when the small swellings are situated about the end of the gut, they are called external, and when they cannot be seen, they are called internal.

The external piles are readily known. When great pain is felt at the lower part of the straight gut on going to stool, or in walking, and at no other time, there can be little doubt of the existence of internal piles.

The blind piles are always most painful. The bleeding ones never prove troublesome, unless when attended with such a discharge as to weaken the body.

During pregnancy they cannot be completely cured; the painful symptoms, however, may be moderated by spare living, occasional blood letting, and keeping the body open.

When the swelling from piles is considerable, the application of astringent ointments will be found beneficial. If there be great swelling and violent throbbing pain, attended with feverish

symptoms, then leeches may be applied to the part ; and fomentations of camomile flowers used immediately afterwards to encourage the bleeding, have frequently been productive of very good effect.

The bleeding piles require only attention to the state of the body, unless the discharge from them be great, which is seldom the case; but if it should, sulphur, mixed with an equal quantity of cream of tartar, is a good physic.

The piles are always much relieved by lying down to rest frequently, in the course of the day.

Pains in the back, belly, and loins, are constant complaints in the latter months of pregnancy, and are brought on by many causes, such as the change of the situation of the womb, its pressure on the adjacent parts, &c. and therefore require a treatment suitable to the precise circumstances.

When these pains are slight, change of posture, and attention to diet and the state of the body, are sufficient ; but where they are very violent, bleeding and opiates become necessary.

When the womb rises very high, it presses on the partition that divides the belly from the chest, and proper room is not allowed for the free expansion of the lungs ; hence shortness of breath is occasioned ; and, as the blood cannot pass freely

through the lungs, an irritation is produced, which brings the cough.

These complaints cannot be removed till the size of the womb be lessened;---occasional blood letting, an open body, and a proper posture when in bed, viz. nearly half sitting and half lying, are the most likely to bring relief.

Blisters can only be productive of temporary good, and should seldom be applied.

Women are subject to cramps in the limbs, which happen most frequently when lying in bed; they are brought on by the pressure of the womb, and therefore cannot be effectually removed.

When the pain is great, rubbing with dry flannel, or a flesh brush; or laudanum, or *ether*, applied to the affected parts, will procure ease. Opiates, where the belly is loose, may, also, be used:---in slight cramps, change of posture affords relief.

Towards the latter end of pregnancy, cholic pains are frequently so severe, as to threaten to bring on labour; they proceed from various causes; such as disordered bowels, pressure of the womb, irregularities in diet, not preceded by, nor attended with costiveness; and may be easily remedied by opiates, and regulation of diet.

Retention, difficulty, and incontinence of urine, commonly affect women near the time of lying-in; as they proceed from the pressure of the womb,

they cannot be expected to be removed till the womb be emptied by delivery. This complaint may produce the worst consequences; for, if labour should take place when the bladder is extended, it may be materially injured; in such cases, the assistance of a skilful practitioner is absolutely necessary, who, in most cases, can draw off the water* without removing the bed-clothes.

Difficulty in making water may, frequently, be removed by change of posture, which should be carefully attended to.

Incontinence of urine, or not keeping the water, may be moderated by frequent lying down, and its bad effects may be prevented by a particular attention to cleanliness, and the use of a thick compress of linen, or a proper sponge.

When a pregnant woman has convulsive fits, her life is always in great danger.

These fits are generally preceded by violent pains in the head and stomach, dimness, or loss of sight; and a great weight and oppression about the breast.

Hysteric fits resemble, in some cases, convulsions; but they may always be distinguished; the

* This is one of the operations which is indelicate for men to perform; and a woman, certainly, might be taught to do it as skilfully as the most celebrated among professional men.

former producing a discharge from the mouth, which is not the case with the latter.

Convulsions mostly happen in habits that are much worn out from large evacuations, or which are supplied with a greater quantity of blood than common. It is in the latter case that convulsions, during pregnancy, most frequently occur.

Women that eat heartily, and live high, are easily affected with convulsions, if exposed to any sudden or violent agitation of mind, fright, anger, surprise, or slight irritations on any of the highly-sensible parts; such as over distention of the bladder, or the continued pressure of the bulky womb on any particular part.

In convulsions, blood-letting, (unless the patient be very much exhausted from previous complaints) and exposure to a free circulation of air, are the best means for affording temporary relief; the bowels should, also, be cleared by proper injections during the fit.

Opiates are very dangerous, as they generally induce or accelerate fatal events. Emetics, in such cases, are no longer recommended.

A cork, tied up in a piece of linen, should be placed between the jaws, in order to defend the tongue from the injuries to which it is liable.

A discharge of blood from the womb, during pregnancy, is dangerous; and every appearance of blood in the pregnant state ought to be consi-

dered as a certain sign, that something uncommon has happened, as it ought to be sealed up in the manner already described.

The discharge may either proceed from the passage to the womb, or from the womb itself; in the former case, no bad effects can be dreaded; but in the latter, one very serious consequence may follow. When small quantities of blood come away, after walking or standing for a considerable time, attended with pain at the lower part of the belly, without any symptoms of fever, or a quick pulse, without any accident having occasioned such agitation, it may be considered to come from the passage of the womb, and may easily be remedied by lying down. Much walking should be carefully avoided.

When, however, the appearance of blood is preceded by, or attended with, flushings of the face, and heat in the palms of the hands; with thirst, and a high pulse, or when pains in the back, loins, or lower part of the belly, take place at the same time, then it may be considered to proceed from the womb.

In the early months of pregnancy (in such cases) the patient's life can never be in much danger, if she is not unhealthy; though it may occasion a miscarriage.

But in the latter months, the life of the patient

is always in great danger, until the discharge be abated, or entirely stopped.

The discharge of blood from the womb, during pregnancy, proceeds from an injury done to the blood-vessels of those parts, which connect the child with the mother; and as the blood-vessels of the womb are small, and therefore incapable of pouring out much blood at an early period, there is no real danger, but in an advanced stage they are very large; and hence may discharge in a short time a great quantity, and prove very dangerous.

Every accident which can injure the womb will affect the connection between the mother and child, such as violent agitations of the body, blows on the belly, or back, or irritation from any of the neighbouring parts connected to the womb, and may bring on a discharge of blood.

But there is sometimes a natural cause for this; the *cake* is not always fixed to the same part of the womb, though it most commonly adheres to the bottom;---in every case, therefore, where it is attached to the neck, it must, necessarily, be separated, when that part begins to change, as it does in the latter months.

Tranquillity of mind and rest of body are necessary in every case; as is confinement to bed: but above all, to avoid violent exertion, or even laughing immoderately.

The patient should be kept cool, in an airy

bed-room, with few bed-clothes ; the drink she takes must be almost cold ; no irritating, or strong liquor, that increases the circulation of the blood, should be used.

The application of cold, wet, cloths, to the lower part of the belly is often employed in these cases with the greatest success ; particularly in the early months.

Blood-letting and opiates are remedies which frequently produce relief, but ought to be used with caution.

Of Abortion.

ABORTION, or Miscarriage, is the coming away of the child, at any time when it is not alive, or cannot live; it must therefore happen during the first six months of pregnancy.

Women in all ranks and conditions of life are liable to abortion, though the regularity of living, and other advantages enjoyed in the country, render that accident much less frequent there than in large towns.

The symptoms of abortion are many and different; and though difficult, I shall attempt to describe them. When the symptoms of breeding cease in every stage, attended with a feeling of weight, and coldness in the lower part of the belly, and the breasts become flabby and soft, such may be considered as symptoms of future miscarriage.

Pains in the back, loins, and lower part of the belly, bearings-down, with regular intermissions, and discharge of blood from the womb, are signs of

abortion ; but it sometimes happens without any previous signs, though it does not always follow, even where violent pains, with loss of blood, have taken place.

The usual cause of abortion, is the separation of the appendages of the child from the womb, together with a contraction of the womb ; this may be brought on by various circumstances, with which every woman ought to be acquainted.

Some women have a natural tendency to miscarry, which renders the most trifling accident dangerous ; while others can undergo the most astonishing agitations of the mind and body, without any injury.

Women who have once miscarried, are liable to do so again.

When we reflect on the regularity of female animals with young, and consider it as one of the laws of nature, we shall be satisfied how much tranquillity, repose, and moderation, are, in all respects, necessary to women in a state of pregnancy ; especially where there are the least symptoms of miscarriage. In this view, great precaution should be used to avoid fatigue from walking, dancing, or other immoderate exercise, as well as improper regimen, over-heated rooms, or too warm covering. There is also great danger in straining from coughing, or efforts at stool, in consequence of cholic pains or severe looseness,

sudden passions of the mind, as excessive fear, joy, surprise, or other shocks; and, above all, from women's irregular caprices.

In the early months of pregnancy abortion is productive of no immediate danger; but, after the fifth month, the life of the woman is always in a precarious state, till the womb be entirely cleared.

When there is an appearance of blood, in consequence of any accidents which threaten miscarriage, the woman should be put to bed, kept cool and quiet; and, if she be of a full habit, or have symptoms of fever, it will be proper to draw blood from the arm; and then, if regular bearing down pains do not follow the discharge, and no bulky or shiny-like substance, or large clots of blood, be brought down, it is probable the miscarriage will be prevented; but, if with the discharge of blood large clots come off, attended with bearing down, or pains in the loins and back, there is great probability of a miscarriage.

Every bulky substance that comes away should be kept in a bason of water, that the exclusion of the child and its appendages may be known; and that it may also be known when the whole is come away; for, till that take place, the woman never can be well.

If the child alone be expelled, and continued violent pain ensues, attended with a small discharge of blood, injections of warm water and oil will

moderate the pain, and help to bring away the appendages of the child.

By attending to what has been said about the child and its appendages, it is easy to know when the whole is come away. When, however, the discharge of blood is considerable, the patient may be eased till assistance can be procured, by cloths dipped in cold water, or equal parts of cold water and vinegar, or brandy and vinegar, applied to the lower part of the belly.

If a violent flooding continue delivery must be accomplished, and the substance that causes it must be immediately brought away. Delay would be the death of the mother ; for the womb being kept distended, the mouths of the blood-vessels, which were before *inosculated*, or inserted, into the separated part of the *cake*, are continually pouring out blood ; but as soon as the *cake*, or whatever it may be that extends the womb, is brought away, it immediately contracts ; by which the mouths of the blood vessels are so compressed, that the blood cannot pass through them.

After all has come down, opiates may be given with great success.

After miscarriage, the belly should always be moderately compressed by means of a roller.

The patient should lie in bed several days, take small doses of bark, and vitriolic acid ; and, when she has nearly recovered her strength, and all dis-

charge has ceased, it will be well to wash the parts with cold water, morning and evening.

The management after miscarriage, in the latter months, ought to be nearly the same as after delivery at the full time.

If a woman has once miscarried, she should be particularly careful of herself, when again pregnant, about the same time at which she had been formerly unfortunate. The greatest disposition to miscarry, is from the eighth, to the twelfth, week ; and, therefore, such women should lie a good deal in bed before, and after, that period.

Cold bathing, and occasional blood-letting, have frequently very good effect in preventing abortion.

Women are generally delivered of the child in two hundred and seventy three days, or thirty-nine weeks after conception ; and if the time of conception be known, they may reckon nearly with a certainty.

The casual method of counting by nine months frequently occasions mistake, and consequent uneasiness ; the regular time being, in reality, nearer ten *lunar* months. As to the calendar months, they are not all equal, the shortest having twenty eight days, and the longest thirty one. To prevent these inconveniences, and enable every woman to calculate accurately, I have subjoined what may, in family language, be called

The Midwife's Ready Reckoner, being a Table of the number of days from the day of conception till the full time. Women with child should remember, that it is not enough to count when the time is at hand; they should reckon from the first, for no power on earth can make them easy if they have reckoned wrong.

THE TABLE.

Time of Conception.	Full time for Delivery.	Time of Conception.	Full time for Delivery.
<i>January.</i>	<i>October.</i>	<i>February.</i>	<i>November.</i>
1 ditto	1 ditto	1 ditto	1 ditto
2 ditto	2 ditto	2 ditto	2 ditto
3 ditto	3 ditto	3 ditto	3 ditto
4 ditto	4 ditto	4 ditto	4 ditto
5 ditto	5 ditto	5 ditto	5 ditto
6 ditto	6 ditto	6 ditto	6 ditto
7 ditto	7 ditto	7 ditto	7 ditto
8 ditto	8 ditto	8 ditto	8 ditto
9 ditto	9 ditto	9 ditto	9 ditto
10 ditto	10 ditto	10 ditto	10 ditto
11 ditto	11 ditto	11 ditto	11 ditto
12 ditto	12 ditto	12 ditto	12 ditto
13 ditto	13 ditto	13 ditto	13 ditto
14 ditto	14 ditto	14 ditto	14 ditto
15 ditto	15 ditto	15 ditto	15 ditto
16 ditto	16 ditto	16 ditto	16 ditto
17 ditto	17 ditto	17 ditto	17 ditto
18 ditto	18 ditto	18 ditto	18 ditto
19 ditto	19 ditto	19 ditto	19 ditto
20 ditto	20 ditto	20 ditto	20 ditto
21 ditto	21 ditto	21 ditto	21 ditto
22 ditto	22 ditto	22 ditto	22 ditto
23 ditto	23 ditto	23 ditto	23 ditto
24 ditto	24 ditto	24 ditto	24 ditto
25 ditto	25 ditto	25 ditto	25 ditto
26 ditto	26 ditto	26 ditto	26 ditto
27 ditto	27 ditto	27 ditto	27 ditto
28 ditto	28 ditto	28 ditto	28 ditto
29 ditto	29 ditto		
30 ditto	30 ditto		
31 ditto	31 ditto		

THE TABLE.

Time of Conception.	Full time for Delivery.	Time of Conception.	Full time for Delivery.
<i>March.</i>	<i>November.</i>	<i>April.</i>	<i>December.</i>
1 ditto	29 ditto	1 ditto	30 ditto
2 ditto	30 ditto	2 ditto	31 ditto
3 ditto	1 <i>Dec.</i>	3 ditto	1 <i>Jan.</i>
4 ditto	2 ditto	4 ditto	2 ditto
5 ditto	3 ditto	5 ditto	3 ditto
6 ditto	4 ditto	6 ditto	4 ditto
7 ditto	5 ditto	7 ditto	5 ditto
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16 ditto	14 ditto	16 ditto	14 ditto
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18 ditto	16 ditto	18 ditto	16 ditto
19 ditto	17 ditto	19 ditto	17 ditto
20 ditto	18 ditto	20 ditto	18 ditto
21 ditto	19 ditto	21 ditto	19 ditto
22 ditto	20 ditto	22 ditto	20 ditto
23 ditto	21 ditto	23 ditto	21 ditto
24 ditto	22 ditto	24 ditto	22 ditto
25 ditto	23 ditto	25 ditto	23 ditto
26 ditto	24 ditto	26 ditto	24 ditto
27 ditto	25 ditto	27 ditto	25 ditto
28 ditto	26 ditto	28 ditto	26 ditto
29 ditto	27 ditto	29 ditto	27 ditto
30 ditto	28 ditto	30 ditto	28 ditto
31 ditto	29 ditto		

THE TABLE.

Time of Conception.	Full time for Delivery.	Time of Conception.	Full time for Delivery.
<i>May.</i>	<i>January.</i>	<i>June.</i>	<i>March.</i>
1 ditto	29 ditto	1 ditto	1 ditto
2 ditto	30 ditto	2 ditto	2 ditto
3 ditto	31 ditto	3 ditto	3 ditto
4 ditto	1 <i>Feb.</i>	4 ditto	4 ditto
5 ditto	2 ditto	5 ditto	5 ditto
6 ditto	3 ditto	6 ditto	6 ditto
7 ditto	4 ditto	7 ditto	7 ditto
8 ditto	5 ditto	8 ditto	8 ditto
9 ditto	6 ditto	9 ditto	9 ditto
10 ditto	7 ditto	10 ditto	10 ditto
11 ditto	8 ditto	11 ditto	11 ditto
12 ditto	9 ditto	12 ditto	12 ditto
13 ditto	10 ditto	13 ditto	13 ditto
14 ditto	11 ditto	14 ditto	14 ditto
15 ditto	12 ditto	15 ditto	15 ditto
16 ditto	13 ditto	16 ditto	16 ditto
17 ditto	14 ditto	17 ditto	17 ditto
18 ditto	15 ditto	18 ditto	18 ditto
19 ditto	16 ditto	19 ditto	19 ditto
20 ditto	17 ditto	20 ditto	20 ditto
21 ditto	18 ditto	21 ditto	21 ditto
22 ditto	19 ditto	22 ditto	22 ditto
23 ditto	20 ditto	23 ditto	23 ditto
24 ditto	21 ditto	24 ditto	24 ditto
25 ditto	22 ditto	25 ditto	25 ditto
26 ditto	23 ditto	26 ditto	26 ditto
27 ditto	24 ditto	27 ditto	27 ditto
28 ditto	25 ditto	28 ditto	28 ditto
29 ditto	26 ditto	29 ditto	29 ditto
30 ditto	27 ditto	30 ditto	30 ditto
31 ditto	28 ditto		

THE TABLE.

Time of Conception.	Full time for Delivery.	Time of Conception.	Full time for Delivery.
<i>July.</i>	<i>March.</i>	<i>August.</i>	<i>May.</i>
1 ditto	31 ditto	1 ditto	1 ditto
2 ditto	1 <i>Apr.</i>	2 ditto	2 ditto
3 ditto	2 ditto	3 ditto	3 ditto
4 ditto	3 ditto	4 ditto	4 ditto
5 ditto	4 ditto	5 ditto	5 ditto
6 ditto	5 ditto	6 ditto	6 ditto
7 ditto	6 ditto	7 ditto	7 ditto
8 ditto	7 ditto	8 ditto	8 ditto
9 ditto	8 ditto	9 ditto	9 ditto
10 ditto	9 ditto	10 ditto	10 ditto
11 ditto	10 ditto	11 ditto	11 ditto
12 ditto	11 ditto	12 ditto	12 ditto
13 ditto	12 ditto	13 ditto	13 ditto
14 ditto	13 ditto	14 ditto	14 ditto
15 ditto	14 ditto	15 ditto	15 ditto
16 ditto	15 ditto	16 ditto	16 ditto
17 ditto	16 ditto	17 ditto	17 ditto
18 ditto	17 ditto	18 ditto	18 ditto
19 ditto	18 ditto	19 ditto	19 ditto
20 ditto	19 ditto	20 ditto	20 ditto
21 ditto	20 ditto	21 ditto	21 ditto
22 ditto	21 ditto	22 ditto	22 ditto
23 ditto	22 ditto	23 ditto	23 ditto
24 ditto	23 ditto	24 ditto	24 ditto
25 ditto	24 ditto	25 ditto	25 ditto
26 ditto	25 ditto	26 ditto	26 ditto
27 ditto	26 ditto	27 ditto	27 ditto
28 ditto	27 ditto	28 ditto	28 ditto
29 ditto	28 ditto	29 ditto	29 ditto
30 ditto	29 ditto	30 ditto	30 ditto
31 ditto	30 ditto	31 ditto	31 ditto

THE TABLE.

Time of Conception.	Full time for Delivery.	Time of Conception.	Full time for Delivery.
<i>September.</i>	<i>June.</i>	<i>October.</i>	<i>July.</i>
1 ditto	1 ditto	1 ditto	1 ditto
2 ditto	2 ditto	2 ditto	2 ditto
3 ditto	3 ditto	3 ditto	3 ditto
4 ditto	4 ditto	4 ditto	4 ditto
5 ditto	5 ditto	5 ditto	5 ditto
6 ditto	6 ditto	6 ditto	6 ditto
7 ditto	7 ditto	7 ditto	7 ditto
8 ditto	8 ditto	8 ditto	8 ditto
9 ditto	9 ditto	9 ditto	9 ditto
10 ditto	10 ditto	10 ditto	10 ditto
11 ditto	11 ditto	11 ditto	11 ditto
12 ditto	12 ditto	12 ditto	12 ditto
13 ditto	13 ditto	13 ditto	13 ditto
14 ditto	14 ditto	14 ditto	14 ditto
15 ditto	15 ditto	15 ditto	15 ditto
16 ditto	16 ditto	16 ditto	16 ditto
17 ditto	17 ditto	17 ditto	17 ditto
18 ditto	18 ditto	18 ditto	18 ditto
19 ditto	19 ditto	19 ditto	19 ditto
20 ditto	20 ditto	20 ditto	20 ditto
21 ditto	21 ditto	21 ditto	21 ditto
22 ditto	22 ditto	22 ditto	22 ditto
23 ditto	23 ditto	23 ditto	23 ditto
24 ditto	24 ditto	24 ditto	24 ditto
25 ditto	25 ditto	25 ditto	25 ditto
26 ditto	26 ditto	26 ditto	26 ditto
27 ditto	27 ditto	27 ditto	27 ditto
28 ditto	28 ditto	28 ditto	28 ditto
29 ditto	29 ditto	29 ditto	29 ditto
30 ditto	30 ditto	30 ditto	30 ditto
		31 ditto	31 ditto

THE TABLE.

Time of Conception.	Full time for Delivery.	Time of Conception.	Full time for Delivery.
<i>November.</i>	<i>August.</i>	<i>December.</i>	<i>August,</i>
1 ditto	1 ditto	1 ditto	31 ditto
2 ditto	2 ditto	2 ditto	1 <i>Sept.</i>
3 ditto	3 ditto	3 ditto	2 ditto
4 ditto	4 ditto	4 ditto	3 ditto
5 ditto	5 ditto	5 ditto	4 ditto
6 ditto	6 ditto	6 ditto	5 ditto
7 ditto	7 ditto	7 ditto	6 ditto
8 ditto	8 ditto	8 ditto	7 ditto
9 ditto	9 ditto	9 ditto	8 ditto
10 ditto	10 ditto	10 ditto	9 ditto
11 ditto	11 ditto	11 ditto	10 ditto
12 ditto	12 ditto	12 ditto	11 ditto
13 ditto	13 ditto	13 ditto	12 ditto
14 ditto	14 ditto	14 ditto	13 ditto
15 ditto	15 ditto	15 ditto	14 ditto
16 ditto	16 ditto	16 ditto	15 ditto
17 ditto	17 ditto	17 ditto	16 ditto
18 ditto	18 ditto	18 ditto	17 ditto
19 ditto	19 ditto	19 ditto	18 ditto
20 ditto	20 ditto	20 ditto	19 ditto
21 ditto	21 ditto	21 ditto	20 ditto
22 ditto	22 ditto	22 ditto	21 ditto
23 ditto	23 ditto	23 ditto	22 ditto
24 ditto	24 ditto	24 ditto	23 ditto
25 ditto	25 ditto	25 ditto	24 ditto
26 ditto	26 ditto	26 ditto	25 ditto
27 ditto	27 ditto	27 ditto	26 ditto
28 ditto	28 ditto	28 ditto	27 ditto
29 ditto	29 ditto	29 ditto	28 ditto
30 ditto	30 ditto	30 ditto	29 ditto
		31 ditto	30 ditto*

* In Leap-year the time of Delivery must be reckoned one day earlier than is set down in the preceding Table, after the intervention of the 29th of February.

Observe also, that the period of the Full Time will be on the same day of the week as the day of Conception; and therefore a reckoning by thirty-nine weeks, which is easily retained by the memory, will be always correct.

Accidents, such as frights, &c. may occasion a premature delivery. There also are cases where women go beyond their time; but this does not happen very frequently; and some practitioners have even pretended to dispute the fact, though there can be no doubt it sometimes occurs; for, although nature is nearly exact in many of her works, yet in regard to animal life, she is not perfectly so.

The approach of labour is announced by many sensations, which, without doubt, are very distressing and painful to the woman. Being brought on by circumstances that are preparatory to an easy delivery, they ought to be submitted to with great patience; but this lesson is only to be gained by experience.

Almost every woman is uneasy in mind, and apprehensive, when near her time; those who are about her, on this occasion, should endeavor, by every means, to keep her cheerful, and banish fear and anxiety.

It is a very common error, to give enlivening drinks on such occasions; but if this is done at all, it ought to be done with great moderation, as they not only may bring on fever, but leave the woman exhausted both in mind and body, after the exhilarating effect is over.

Before labour, the belly is generally much les-

sened, owing to the child sinking to the lower part.

So long as the contractions of the womb prepare the passages, assistance is seldom required. The woman should be kept cool and quiet, and all agitation should be carefully avoided, as there is great danger of the waters coming away before the time, which may be attended by serious consequences.

When the first stage is nearly completed, the woman should be put to bed, laid on her left side, with a pillow doubled and placed between her knees.

As the child begins to pass through the opening, some women are attacked with shaking-fits, which are signs of a hasty delivery, and are good signs in a healthy woman.

The interference of a Midwife in the beginning of labour, without there be some unusual resistance to the opening of the womb, or the waters have come away too early, may produce much harm, and evidently can never be attended with advantage.

The dress of the woman ought to be as light and as little cumbersome or tight as possible, both for the sake of the patient and the midwife.

There should be in the house, ready for the occasion, a pot of hog's lard, with which the inside of the passage of the womb ought to be

rubbed as far as conveniently can be done. Thread, for tying the navel-string, and a number of clean, soft cloths, well aired, should also be at hand.

When labour has really begun, it is necessary to prepare the bed on which the woman is to be delivered, in such a manner as not to be wet and uncomfortable after delivery.

There should be a free circulation of air, but the woman should not be placed in a current, or kept too hot, by drawing the curtains round the bed. Over the feather-bed or mattress should be placed two dressed sheep-skins, or a piece of oil-cloth.

A blanket, doubled thick, and wrapped in a sheet, ought to be laid under the woman, and removed after delivery.

The pillows should be so placed, that the face of the woman, when lying down on her left side, may be towards the back of the bed.

By attending to these directions, the woman will be less liable to take cold, and will be more comfortable after delivery.

When the first stage is pretty far advanced, the pains generally return with great regularity every four or five minutes, or oftener; but the only certain method of judging, is by feeling the state of the mouth of the womb, which then begins to enlarge.

Labour may be divided into three stages: the

first stage consists in the opening of the mouth of the womb, and of the *bag* which includes the child. The second comprises the actual passage of the child, and its parting from the mother; and the third is the coming away of the *after-birth*, &c. all these various efforts are produced, chiefly by the contraction of the womb, which gradually shrinks into a thick, round body; the inside, or hollow, being about the size of a hen's egg.

In some cases, the first stage of labour proves very tedious; it may be generally completed in fourteen or fifteen hours; but in most cases, the woman only suffers about ten hours, and frequently not above two or three, before the mouth of the womb be completely opened.

The contractions of the womb push forward the lower part of the *bag* with some water, in which the child is contained, like a small bladder; and this being insinuated between the edges of the opening of the womb, by degrees forces them apart; and increasing in size, in proportion as they are separated, continues to open the orifice and the upper part of the *vagina*, till these parts are so enlarged as to admit of the entrance of the child's head.

By these means, those delicate, and highly sensible parts are not so liable to be hurt, as they would be were they suddenly forced open.

Women, therefore, instead of being impatient during the first hours of labour, should know, that the more slowly their delivery goes on at that time, the more certain will be the chance of a speedy recovery.

After the passages are properly prepared, the *bag* bursts, and the waters are discharged, which is commonly followed by a slight remission of pain. It is then the passages should be anointed with hog's-lard, to make the birth more easy.

When the waters come away at an earlier period of labour, great distress is frequently the consequence.

SECOND STAGE OF LABOUR.---In natural labour the child is so forced forward through the passages, as to take up the least possible room, and therefore, the part at which the pains go off, in various directions, is always, in natural labour, forced foremost, and the largest part of the head is applied to the widest part of the *bason*.

The head enters the *bason* in such a manner, that the ears are placed obliquely towards the *sacred* and *share-bones*, and are pressed down in the same direction, till they come to the bottom of the *bason*; the longest part of the head being applied to the narrowest part of the bottom of the *pelvis*, the position must be altered before it can go any farther. This certainly takes place; for, the face is turned into the hollow of the *sacred-*

bone, and the back part of the head towards the *share-bones*, the arch of the *share-bones* then receives the back of the head, while the face gradually passes along the *sacred-bone*, till the whole is got out.

This is accomplished by the mere contraction of the womb; for the infant seldom makes any effort.

In some cases, after the waters are discharged, there is a bearing-down pain, which continues till the delivery of the child; while in others, the pains return at longer or shorter intervals, and gradually increase in force and effect.

When the head of the child is at the bottom of the bason, its position is altered, as has before been observed; the broadest part of the shoulders is placed at the narrowest part of the brim, by which means, the child cannot come away, though the bottom may be sufficiently large for the passage of the head.

When, however, the head is adapted to the bottom of the *pelvis*, the shoulders form themselves to the size at the brim; and when they get to the bottom, they take the same turn which the head does.

The structure of the child is such, that the whole body can, with ease, go through an opening that will suffer the head and shoulders to pass.

The bason is well formed to assist delivery ; the way in which the child passes through, is very interesting to midwives ; and it is absolutely necessary they should be well acquainted with this circumstance, before they attempt to deliver a woman. Many serious accidents occur from ignorance on this head.

By means of the contractions of the womb, the substance which had sealed it up is discharged ; it is a slimy matter, frequently tinged with blood, and commonly called the *shews*.

When these symptoms have lasted for some time, the woman becomes very uneasy ; she has frequent hot and cold fits, with great desire to make water, and is extremely restless, every situation appearing uncomfortable to her.

By degrees the pains increase in frequency and force ; they then happen at regular intervals, of about every ten minutes, and do not cause the continued uneasiness that is at first felt ; for when they are off, the woman is perfectly relieved.

These are the marks by which women may consider themselves in labour ; but as pains frequently take place in the latter months of pregnancy, which may deceive both the Patient and Midwife, this occasions what are called *long-labours* ; but attention to the regularity of the pains will serve as the best rule for knowing whether they are true or false ; if true, nature is to be assis-

ted to complete her work ; if false, she is only to be soothed, till the pains become real and certain.

False pains occur generally towards the evening, and are most troublesome during the night ; they are neither so violent, nor regular, as true pains ; and as they do not cause any change on the orifice of the womb, the *shews* do not follow them.

False pains are occasioned by the womb pressing on the parts which surround it, or by costiveness. In the former case, change of position and opiates will give ease ; and in the latter, they can only be relieved by the removal of the costiveness.

The bearing-down pains, which force the child through the passage, in all cases, should be effected by nature ; and the woman never should attempt to assist ; for, by her natural exertions, the child would either be forced upon the parts, at the outlets of the basin, before the proper time, or the patient so exhausted, that she could not go through the necessary fatigue attending the coming away of the child.

Inattention to these particulars, and the impatience of some women, in such situations, frequently make a labour difficult and painful, that would otherwise have been natural and easy. Voluntary bearing-down must be carefully guar-

ded against at the time when the head of the child is only stopped from being born, by the soft parts of the outlet of the bason; for if delivery be then hurried, these parts may easily be injured, and the remainder of the woman's life must be rendered miserable.

When the head of the child has passed through the narrow passage, a little relief is given to the mother from the violence of the pain. This interval should be allowed to continue for a minute or so, before any effort be made to pull the child entirely out. As Nature is the principal operator in the whole of the business, it relaxes the effort for a moment, and it will be very easily seen when the struggle returns; at which time the child should be carefully, but without force, haste, or violence, assisted in coming entirely away.

It is absolutely necessary, that the Midwife should be extremely careful in tying the navel-string; for if it be too loose, a discharge of blood ensues; and if too tight, there is equal danger in cutting it.

After the child is fully come into the world, the next business is to separate it from the *cake*, to which it is attached by the navel-string, and then to clear the womb of all the appendages left in it. This is commonly known by the name of the *after-birth*.

The navel-string, by which the nourishment of

the child has been received from the mother, must be tied and separated from its mother, leaving a small part beyond the ligature, which dries and drops off. Nurses usually apply a piece of scorched fine rag, every day, to the part left, beyond the ligature, till it drop off, and be quite well.

After the child is born, and the mother has rested some time, she again feels pains, which are brought on by the renewed contraction of the womb; these are, by way of distinction, called *grinding-pains*; and are much less violent than those of the labour itself.

When these contractions have lasted from about ten to fifty minutes, the *after-birth*, &c. is separated, and then thrown off; and the womb returns to its natural size. When from mismanagement, or from the diseased state of the *after-birth*, it does not come away at the proper time, there is always considerable danger.

Before the *after-birth* is brought away, it is absolutely necessary to know, if there be another child in the womb, which ought to be ascertained immediately after the first child is born.

Midwives neglecting, either from ignorance, or carelessness, to establish this fact, occasion great delay, and frequently, the death of both mother and child. It should be observed, as a general rule, amongst Midwives, never to attempt to bring away the *after-birth* till they be certain

there is not another child in the womb ; and always to make a ligature above, upon the navel string, when they separate the child that is born.

It is a generally received opinion, that women bearing twins have some particular symptoms before delivery, by which they can, with accuracy, tell whether they be pregnant with one or two children ; this, however, is a vulgar error, and not founded on fact. The uncommon size during the latter months, on which opinion is founded, is by no means to be depended on ; for it often happens, that the woman who was expected to have twins, brings forth but one child, while many who shew no particular marks, are delivered of two children.

If the delivery of the child has not been managed with too much haste, the womb decreases in size by degrees, in proportion as the *after-birth* comes away.

After one child is brought into the world, it is not difficult to discover whether there be another left ; this may be done in most cases, without having recourse to the indelicate and painful methods adopted by professional Men Midwives ; for, by feeling, attentively, the state of the belly a Midwife can seldom be deceived.

If only one child has been contained in the womb, it very soon after delivery resumes its

size; and at this time the bowels, which were forced out of their proper situation by the womb pressing on them, come directly forward, and hence the fore part of the belly feels soft and pliant.

When there is a second child left in the womb, it does not appear to lessen; the bowels keep behind and at the sides, and the belly feels nearly as hard as before the child was born.

Circumstances may happen, though rarely, to prevent a Midwife from judging by this easy and delicate way, whether one or more children be contained in the womb; in that case, the other method must be adopted; and if done immediately after the delivery, there is no danger, and little pain, because the parts are so dilated by the pro-tension of the child. The woman should well rub her hand with pomatum or lard, before she introduces it.

In assisting to bring away the *after-birth*, the Midwife must stop for the contractions of the womb---for very dangerous consequences may follow, if this be not attended to; indeed, when this circumstance is not properly understood, the woman's life may be lost by the hasty conduct of the Midwife.

The far greater part of the womb, at the full time of pregnancy, is not joined to any of the neighbouring parts. It stands up, like a balloon, fastened only at the lower part; or like a blown

bladder, tied by the neck to prevent it from sinking; it is therefore left without support, and the *after-birth* is most commonly fastened to its bottom; therefore, if an attempt be made to bring away the appendages, or *after-birth* of the child, before the womb contracts, it will be turned inside out; and if the Midwife continues to draw the womb down, it will be forced out of the patient's body, and death will inevitably follow.

When the *grinding-pains* are felt, by which the contraction of the womb is known, the Midwife should assist to bring away the *after-birth*, by gently pulling the *navel-string* during a pain, and so managing as to bring the *after-birth* through the *bason*, without interruption.

While the Midwife gives this help, the patient ought to bear down very gently, particularly avoiding all violent exertions; coughing, or sneezing, might bring on unfavorable symptoms.

When the contractions of the womb are slow and feeble, rubbing the belly of the woman moderately with the hand, tends to encrease them.

In cases where there are more than one child, the blood-vessels of the *cake* of each frequently join each other; if, therefore, that part of the *navel-string* which is fixed to the *after-birth*, be not tied, the life of the second child may be lost. The *navel-string* ought always to be tied, not only to

prevent such dangerous consequences, but for the sake of cleanliness.

When the Midwife finds there is another child in the womb, she should not attempt to bring it away, but let the patient enjoy some rest and ease, in order that she may recover a little strength to enable her to bear with fortitude what she must again suffer.

It is likely, that the second child may not present itself so favorably as the first: in such instances it is not always proper to leave all to Nature.

The second child should be turned as soon as the woman has regained a little strength, provided neither the head, breech, nor feet be next the opening, when the woman has strong forcing pains; in these cases, the delivery may be managed in the general way.

The practice of Midwives leaving the patient before the delivery be completed, is highly reproachful, and ought never to be suffered; for dangerous symptoms may take place that require immediate assistance, and might prove suddenly fatal.

It seldom happens, that more than two children are brought forth; but when such cases occur, the management must be the same as in the case of double pains.

Having gone through the whole of the regular

course of an ordinary labour, we shall now proceed to lingering and difficult labours.

All labours are the same to a certain point ; for it is only after the pains come on that they can be distinguished ; and, having gone completely on with the ordinary labour, where there is neither delay nor danger, we shall go back to that part where the labour begins to become lingering.

When delivery is not completed within twenty, or twenty-five hours, from the beginning of the contraction of the womb, notwithstanding the head of the child be pushed foremost, the labour may be considered lingering.

Great care is indispensable in such cases, to prevent the patient's being worn out with apprehension and fear ; and much discernment is necessary to distinguish those obstacles which will yield, in a short time, by the labour-pains lasting, and which, therefore, cannot occasion danger, from those which can only be overcome by the assistance of the Midwife.

Doctor Hamilton says, the officious interference of ignorant practitioners is a frequent cause of lingering labour ; for lingering labour is frequently caused by beginning too soon to assist before the passages are prepared for the delivery of the child.

The mind of the patient should be kept as serene and composed as possible ; carefully avoiding violent passions, as they retard the progress of

delivery; it is therefore necessary that the Midwife frequently speak to the woman, and inspire her with courage and patience.

When the patient is confined too long in one situation, and taught to believe herself in actual labour too soon, she becomes tired and exhausted, the pains leave her, or only take place at irregular intervals.

When the patient is exhausted and worn out, nourishing food and cordials should be given, such as beef-tea, calves'-feet, or hartshorn jelly, chicken broth, coffee, tea, or barley-water.

When the water which surrounds the child comes away before the mouth of the womb is properly opened, or when the patient has taken stimulating drinks, what would have been a natural labour turns out to be a very difficult one, occasioned by the pains going entirely away.

In these cases, if the child's head be not in the passage, the woman should take an opiate, and be suffered to rest an hour or two; after which it is likely the pains will come on again.

When the head is within the bason, from its pressure on those tender and delicate parts, great injuries may take place, and therefore the woman's safety depends on a speedy delivery.

It has already been observed, that in natural labour the head of the child comes into the bason in that position which takes up the least space

possible. It frequently however happens, that it comes down in a way which requires more room than common; under these circumstances a longer continued action of the womb is necessary to bring away the child.

When there is no other obstacle to obstruct delivery, the improper situation of the child's head is but a temporary impediment; though it may be more painful to the feelings of the patient than if the labour were perfectly natural; yet if the pains be strong she will be safely delivered.

But, when along with the improper situation of the child's head the pains become slight and feeble, delivery is hindered; it then becomes necessary that the Midwife alter the position of the child; for the extraordinary pressure made on the neighbouring parts will produce great injury.

The structure of the child's head is so excellently contrived, that when it enters the bason in a wrong position, it brings on an irritation of the womb, which causes it to contract with uncommon force; therefore in such labours the pains are usually strong, forcing, and violent.

By far the greatest number of these cases terminate well by waiting a certain time; yet it frequently happens that the Midwife, by altering the position of the child, may save the patient many hours pain and suffering; in such cases it is the duty of the Midwife to assist Nature; at the

same time bearing in her mind, that force and violence are always productive of the most unfortunate consequences.

In some instances the head of the child is much larger than the usual size, and if the bason be only of the common dimension the delivery must be obstructed; this difficulty is only to be got over by lessening the size of the head.

If the increased size of the head be occasioned by a collection of water, it is not always requisite to diminish it by artificial means, for nature frequently adapts it in a surprizing manner to the parts through which it passes; it is therefore highly proper that time should be given for this purpose.

But, if the labour-pains have been strong and forcing, and the head of the child be not likely to come through, then it is proper to let out the water, by which the size of the head will be diminished and the delivery soon completed; it requires no other caution in performing this operation, than to make the opening with the point of a lancet very small, so that no injury be done to the child's life.

The passage through which the child goes during labour, is not formed so well in some women as in others; for the human frame is liable to diseases from which animals are free. By this disease, the bones are made soft, and their shape

altered; by which means the dimensions of the bason are very much lessened; however when the natural shape and size are not very much altered, although a greater length of time is necessary, yet, delivery may at last be safely managed.

In such cases, the woman should be as patient and kept as composed as possible; otherwise she will soon be so fatigued and worn out, as to make it necessary to have recourse to extraordinary assistance.

Midwives, on these occasions, should permit the pains of labour to have all the force which they can produce, and at the same time support the woman's strength, and enliven her spirits as much as possible.

Particular attention is necessary to distinguish between the appearance and reality of danger, in some cases, but more particularly in labours rendered tedious by the deformity of the bason. It is surprising and indeed wonderful how much pain some women can bear without material injury, and with patience and fortitude.

Midwives should never attempt to interfere with the works of Nature, but rather endeavour to prevent her movements from being interrupted by untimely interference; it is full time to begin to assist, when she fails in her exertions.

It sometimes happens, that the openings, through which the child has to pass, are so con-

tracted, that the patient cannot be delivered of a living child at the proper time.

It is necessary that Midwives should understand this case particularly well, as the life of the patient is exposed to every danger; for, by the constant action of the womb, the infant is pushed with great violence against the bones of the bason, by which means the fleshy parts are much bruised, and inflammation will soon be brought on; the consequences that will follow will put a period to the existence of the patient.

When the size of the bason is considerably smaller than it should be, immediate assistance is necessary; the Midwife should not be timid, or delay affording relief, before the strength of the woman is so exhausted, and her whole system has received such a shock, as to render it almost impossible she can recover.

To ascertain the exact time, in such case, for giving assistance to save the woman's life, and attain so valuable an end, is a consideration of rious magnitude, and ought not to be trusted to those who are ignorant of the Art of Midwifery, as it requires both skill and dexterity to accomplish these ends.

The make of the bason is not the only circumstance in the form of a woman that may hinder delivery; frequently the fleshy parts through which the child must pass occasion much difficulty;

this more commonly takes place in women who begin to bear children at an advanced stage of life.

The fleshy parts having become rigid, it is necessary to take much longer time for preparing the passage of the child; but if by force they are pushed through them before such preparation, they most likely will be torn or greatly bruised, and very unpleasant and dangerous diseases brought on.

Every thing that adds to force labour-pains when the delivery of the child is prevented by the contracted state of the fleshy parts at the bottom of the basin, should be studiously avoided, and the parts kept well moistened with pomatum or hog's lard, which will be the most likely method to succeed.

Women of strong passions, who have been used to have all their desires gratified, do not readily bear the necessary restrictions during labour; consequently their strength becomes exhausted, and worn out, by restlessness and pain; and the delivery either obstructed, or very much delayed.

By far the greater part of lingering and difficult labours, where the health and constitution of the woman has not been before impaired, may, with candour and truth, be attributed to the ill-timed interference of unskilful practitioners.

Few are so insensible to the interests of humanity as not to feel a desire, that the real nature

of the trust placed in Midwives, which has been, heretofore, too much overlooked, should be clearly and generally understood; by which means many fatal accidents may be prevented.

In lingering labours it is essentially necessary, that the Midwife suffer the powers of Nature to have their full force and effect; and prevent, as much as possible, those circumstances, by which they are either impeded or destroyed.

However, in difficult labours, where assistance becomes necessary, the proper time and manner of assistance is an important branch in the study of Midwifery.

It frequently happens, that the symptoms of these two kinds of labours so nearly resemble each other, that it is not easy to distinguish them; it is, however, a matter of high importance, that they should be known, otherwise the life of the child or the mother may be lost.

Although a skilful Midwife will never interfere, without there be absolute occasion, she ought, however, to guard against trying what nature can go through, rather than what can be accomplished by keeping back that assistance which art can furnish.

A cross-birth, or preternatural labour, is when the child presents any other part than the head to the passage of the womb.

In most cases of preternatural labours the life of the woman is not exposed to danger, though the life of the infant generally is.

In some cases, the child is so placed, that it is utterly impossible to deliver the woman, without altering the position of the child; although the end formed by the head of the child in the womb is most commonly placed towards the bason, the other end is found to be there once in about forty cases. The breech, knees, or feet, are consequently forced into the passage, more commonly than any other part, except the head.

In such cases, if the woman be healthy, the delivery may be managed without any extraordinary assistance, with great safety to the woman; but the life of the child is frequently in great danger.

This circumstance is occasioned by the child being liable to be compressed in the womb a longer time, than in cases where the head is just in the passage, and is brought on by the much greater space the child then occupies. This may readily be understood from the manner in which the child is brought away, when its lower parts come down first; for, as the body proceeds through the opening, the arms are forced up towards the head, till at last an arm is placed at each side of it; which causes a very great increase in bulk.

However, the size may be much lessened by the drawing down the arms of the child, which is to be accomplished in the following manner. When the child has protruded rather beyond the hips, the Midwife should carefully introduce her hand on one side, find out the arm, and bring it down to the side of the child; then follow the same plan with the other side. This method will succeed in many cases, by proper care and gentleness.

Another circumstance which greatly delays delivery in these instances is, that the lower parts of the infant are rarely pushed into the passage in such a direction as to take up as little space as possible; therefore it takes a long time before the contractions of the womb can place them in a proper situation.

It becomes necessary in such cases, that the Midwife should assist in placing the child in such a situation as will take up the least possible room.

To accomplish the above end, she should first well grease her hand, and introduce it into the womb, and endeavour to bring the feet into the passage; it is to be remarked, that the greatest caution and gentleness is absolutely necessary; for the least violence or force will injure some of those delicate parts. The child in this case is always exposed to danger.

When only one leg presents itself, and woman has had children before, and the child is not very large, there is not always a necessity for pulling down both feet; if the other be sent forward towards the child's belly, it will readily pass; but it must be certain that the other leg does not lie across the thigh, drawn down.

In this case, as well as when the buttocks present themselves, the *meconium*, or contents of the intestines, commonly come away, which is caused by the infant's knee or knees being pressed against its belly in the birth.

When the child presents feet first, and is a small child, with the parts pretty large, the infant generally comes away easily, with its arms on each side of the head.

When the child comes feet foremost, and happens to stop at the head, if not soon extricated, it must certainly die, from the compressure that is made about its neck, by the *os internum*; and the circulation through the navel being impeded by the compressure between the bones of the *pelvis*, and the head of the child.

The Midwife, in such cases, by introducing her fingers, may dilate the *os internum*, without delay or fear, and without violence.

Whenever the child is in part protruded, as it in general happens it comes out in a wrong direction, it is necessary the Midwife should turn the face

of the infant towards the back of the mother ; this should always be attended to, for it frequently happens, that the chin of the child rests on the *os pubis*, which is troublesome and dangerous ; and only to be avoided by turning its face towards the back of the mother.

It however requires great caution and gentleness to perform the operation ; to accomplish which the Midwife should, as she draws the infant gently out, by degrees, and without violence or haste, turn its belly towards the back of the mother.

Midwives, in assisting to draw away the child, should wrap the part which they pull in a soft, warm cloth, not only because it gives them a better hold, but it prevents them having so much occasion to hold so fast, or rather pinch the tender parts of the infant.

It is necessary to observe, that in drawing away the child force is not required, and is highly improper, as the neck of the infant may be disjoined ; nay, the body may be parted, and the head left within the womb : this shocking accident has frequently occurred.

Midwives should studiously banish from their minds all kinds of improper fear ; at the same time carefully avoid rashness : a proper degree of resolution is, in short, necessary to the operating in these cases with advantage and success.

When neither the head, nor lower parts of the child, are placed next the opening, nature rarely can complete the delivery; therefore, unless the child be altered, the patient's life is in very great danger.

Therefore the operation of turning must be performed, which has before been explained, and consists in placing the feet of the infant in the passage.

If the improper situation of the child be found out before the waters are come away, the operation of turning may be performed with great safety, (if the health of the woman has not previously been in a bad state) and without much pain to the mother.

When the waters have come away at an early period of labour, both the life of the mother and child are exposed to great danger.

These dangers are caused by the womb becoming closely contracted round the body of the child, shortly after the waters come away, and the spongy state of the womb in the latter months of pregnancy, which makes it very likely to be torn if force be used.

It is necessary that every midwife should possess a true knowledge of the parts, together with the principles of Midwifery, before she attempt to turn the child; for without perfectly understanding the nature of the parts and manner of turning the

child, its life, and that of the mother, may be totally lost.

Much depends upon the patient; for if, instead of having patience and being very cool during the operation, she become violent, impatient, and unmanageable, there can be no blame attached to the Midwife, whatever may be the consequences.

It, therefore, becomes the absolute duty of the pregnant woman to bear, with fortitude, the pain, and to submit, with resignation, to the management of the Midwife; for by adopting another line of conduct, not only the life of herself is placed in a very dangerous situation, but that of the child is frequently lost.

It sometimes happens that the situation of the child may be favourable to its delivery, yet its life may be in great danger, from part of the *navel-string* coming down before it; and its being pressed will prevent the blood passing through it, which will, in a very short time, end the child's life.

In most cases, where the *navel-string* falls down first, it generally terminates favourably to the mother, but it most commonly proves fatal to the child.

Part of the *navel-string* may be forced down by mismanagement, but frequently, naturally; in the former instance it only comes down after the waters have come away; in the latter, it will be found

through the membranes, at the commencement of labour.

When the waters come away before the openings are properly prepared for the delivery of the child, the *navel-string* is most frequently pushed down before, or with the first parts that come away.

The *navel-string* can only fall down naturally, when it is of uncommon length, or where the infant is placed in a cross position.

If the *navel-string* be at first felt through the membranes, the woman must be quiet and composed, and kept in one posture till the necessary circumstances to delivery are perfectly accomplished, when the Midwife, by carefully turning the child, may, in most cases, save its life.

When the early coming away of the waters has caused the *navel-string* to protrude, it is frequently out of the power of the most skilful Midwife to prevent the danger threatened, without great risk to the mother.

In cases where the *navel-string* presents itself, the Midwife should, after rubbing her hand with pomatum or hog's lard, introduce it gently, and endeavour to place the *navel-string* behind the head of the child, in such a manner as it may continue there; but it often happens that it will not remain in that situation, and at every pain it slips down again.

The Midwife, on such occasions, ought to try to keep it up with the ends of her fingers.

It sometimes happens, but fortunately very seldom, that the *navel-string* is so twisted about the neck of the child, as to require untwisting, which is to be done by bringing it over its head; for if it be suffered to advance in that condition, two misfortunes may take place, either choaking the child, by the neck being closely compressed; or the *cake* being forcibly drawn might occasion the falling down of the womb, or the tearing of the *navel-string*; for which reason, particular care is requisite in the untwisting it; or if that cannot be done, as it sometimes occurs, it ought to be cut, first making a ligature at each end, as well to prevent the blood running out of the *cake*, as out of the child.

By proper attention of the Mother and Midwife, the premature discharge of the waters may in most cases be prevented, and as it is an accident that can but seldom be remedied, it is of great importance to prevent its taking place.

From what has already been said on this subject, it will readily appear, that great advantages are to be derived from quietness on the part of the patient, and caution on that of the Midwife. By following these necessary rules, many deliveries, that would otherwise be dangerous, may be rendered favourable to the mother and child.

Convulsions, or a discharge of blood from the womb, are very alarming circumstances, for in the former case, one or two fits may deprive the patient of life; and in the latter the discharge lasting only a short time, may produce the same effect.

When convulsions take place during labour, the safety of the patient generally depends on a speedy delivery; therefore the proper means adapted to accomplish that end should be made use of without loss of time.

If the patient complain during labour of great pain in her head or stomach, together with dimness of sight or flushings of fire before her eyes, with flushed face, if of full habit, and not weakened by previous disease, blood should be taken from the arm, the patient kept cool, and a free circulation of air admitted into the room.

If the stomach be disordered, it increases the tendency of convulsions. In such cases the patient should drink tea, made of camomile, or an infusion of columbo, which, by emptying the stomach, often prevents the return of the fit, or lessens its force.

Women subject to convulsions during child bearing cannot be considered out of danger till the delivery.

When a discharge of blood happens during labour, it must either be caused by an accidental separation of the whole or a part of the *cake* or

after-birth, or by the unusual place of attachment of the *cake*; the latter of these causes is the most hazardous.

When there is a small discharge which does not take place from the situation of the *cake*, there is no danger; however, in such cases, the midwife should not quit the room, for if a larger discharge should take place, the patient would lose her life before any assistance could be given. The woman should be kept very cool, with few bed-cloaths, and every thing heating avoided; her drink should be as cold as possible.

If the discharge of blood be great, or have continued till the woman has lost much of her strength, it becomes necessary that delivery should immediately take place; for a few moments delay may prove fatal to mother and child. Then as death is the unavoidable consequence of not attempting delivery, surely it is advisable, and indeed charitable, to undertake it; particularly as women frequently recover upon delivery, after a loss of a vast quantity of blood.

In cases where the *cake* or *after-birth* is fastened to the neck or orifice of the womb, much danger is to be apprehended, and the woman's life generally depends on the midwife skilfully separating it from the part to which it is attached.

The *after-birth* is sometimes retained in the womb two or three hours, which is occasioned

either by its being in a diseased state, or from the womb having contracted so irregularly, that the mouth becomes quite closed up. In the former case a part of it is commonly parted, which brings on a discharge of blood; in the latter, means must be adopted for bringing it away, or in a short time it will become putrid.

If a discharge of blood take place it cannot be stopped till the womb is cleared of its contents, and if the *after-birth* become putrid, and remain in the womb a few days, a violent fever will ensue; it must therefore appear clear that the life of the patient is in danger till the *after-birth* is brought away.

Many women have lost their lives from practitioners not knowing how to bring away the *cake* or *after-birth*, and who, instead of using gentleness, have, by violence and forcibly pulling the *navel-string*, drawn out and inverted the womb.

The difficulties are almost incredible into which women fall, from the ignorance or neglect of Midwives, in not passing their hand as after described; soon after the infant is protruded, she should directly after delivery pass up her hand, the *virginal* and orifice being much dilated by the passing of the infant; but if this opportunity be lost the mouth of womb is soon contracted, by which the *after-birth*, if it does not soon follow, is frequently stopped in the passage, and causes

great trouble both to the patient and Midwife. To prevent this inconvenience and danger, the operator ought, as soon as the child is born, if the *after-birth* do not appear likely to come away easily, to twist the *navel string* round the two fore fingers of one hand, and pass the other through the *vagina* into the womb, to take hold of the string near the *cake* or *after-birth*, and with both hands gently draw it outwards, which if loosened will readily follow and fall on the hand in the womb, but, if it stick or adhere, she must gently separate it; beginning at the place to which it most loosely adheres with her fingers, taking great care not to hurt the womb either by her nails, or by violent pulling, so as to tear it, for of the two evils the greater ought to be avoided, there being less danger in leaving part of the *after-birth*, which will generally without doing any great harm come away with the cleanings, than in using force in extracting it, by which means the womb is frequently injured.

Midwives should always hold the *navel-string* as short as possible when they endeavour to pull away the *after-birth*, as there is less danger of breaking it, and the *after-birth* comes away more easily.

When a part of the *after-birth* is so firmly fixed to the womb that it cannot be entirely brought away, water moderately warm should be from time

to time thrown into the passage of the womb, till the retained portion be brought away, which generally takes place in about four or five days from the delivery. The woman should take three times in the day a tea-spoonful of Peruvian bark.

Of the Bearing-down, or Descent of the Womb.

THE Bearing-down, or descent of the womb, is a disorder to which women of all ages are liable, owing to the looseness of the parts; which being formed unlike any other part of the human body, but made so as to stretch and increase to vastly more than the usual and natural size, have not such solid consistency as to remain always in their proper place.

If the *vagina* happen to be much relaxed and enlarged, then the womb will fall, or sink lower than its proper situation, when it presses on the lower part of the straight gut and neck of the bladder, and occasions irritation and pain. A bearing-down pain, with frequent desire to make water, and go to stool, are signs of this descent, together with a pain in the lower part of the back, and discharge of a thick slimy nature, like starch, from the mouth of the *vagina*.

If neglected, this complaint is liable to come to a great extreme; and sometimes the womb will fall down, so as to come entirely through the passage, when, besides being excessively disagreeable and painful at all times, it becomes impossible to make water till it be pushed up into its place.

This disease should be attended to as early as possible, after it is first known to exist, as it is easily remedied at first, but becomes very difficult afterwards. The cold bath and bracing medicines, strengthening diet, and astringent lotions thrown in twice or thrice during the day-time, and at night and morning, will effect a cure; or rather prevent the evil.

If the womb has descended into the *vagina*, it may be kept up by means of a piece of sponge fitted to the passage, and moistened with some mild astringent liquor, the patient using at the same time the cold bath, and the remedies that have been recommended at an earlier period of the disorder.

Pregnancy cures the descent of the womb; but then, as a bad delivery is one of the causes of this disorder, there is a necessity to be particularly careful of treating the woman after lying-in who has been before troubled with a descent, otherwise it may again occur.

Lying in a reclined or flat posture assists all the

modes that can be employed of curing the descent of the womb.

There is an instrument called a *pessary*, which, by mechanical force, keeps up the womb when the descent becomes very great and dangerous. This may be necessary in extreme cases; but a machine applied to those very tender and sensible parts, and suffered to continue there, subjects the patient to accidents, that may be fatal; it is better, therefore, to take ease, and use milder methods, than to resort to this, except in cases of absolute necessity.

Descents of the womb are generally produced by a bad treatment after lying-in; and although young women sometimes are troubled with them, yet, as in them the *vagina* is narrow, and has never been stretched, it is evident the womb cannot come through in the same way as it does after the birth of a number of children.

Irregularities of the monthly courses, miscarriage, violent exercise, particularly too soon after lying-in, are the most general causes of a descent in the womb;---a connection with the husband at too early a period after delivery, may also tend to produce this disease.

Sometimes, though very seldom, the *vagina* itself descends, and that is equally troublesome and dangerous, as the descent of the womb; but this may be known by its appearing like a swelling at

the upper and fore part of the external mouth of the womb.

This proceeds from a relaxed state of the parts, and the inside of the passage being but loosely connected with the parts around. The cold bath, astringent washes, and replacing the parts in their proper situations, are the cure of this disorder.

In all female maladies of this sort, peace, quietness, attention to diet, exercise, and regularity, are useful and necessary ;---Peruvian bark, mineral waters, and astringents, are also highly beneficial.

A disease known by the name of the *whites* is one to which women are very subject ; it is known by the discharge of a white, or rather yellowish slimy substance, from the private parts.

This is generally occasioned by relaxation, and it renders women very weak ; but it is not difficult to be removed, by taking strengthening diet, and washing the parts with cold water, to brace them ; if a cold bath can be had it is better than a common washing. The use, in moderation, of Peruvian bark will also here be necessary.

The inside of the *vagina*, as has already been said, always producing moisture of a glutinous nature, which, as it were, perspires through the glands, when this discharge becomes too great, it is what induces that disorder, and according as it is more or less abundant, the weakness it occasions is greater or less.

The other disorders of the womb, of which we have already spoken, are generally more or less attended with the *whites*, and the remedies for the greater disorder, will cure the smaller one; but when the *whites* appear by themselves, and when the discharge arises from any constitutional disease of the body, and not from any particular disorder in the parts, the discharge is yellowish, and with a bad smell; when it proceeds, as it sometimes does, from too full habit, then reducing the body by bleeding and low diet is necessary, as well as medicines to purge and cleanse the body; but astringents then would be as dangerous, as they would be useful in cases where the lowness of habit causes the disease.

When the pulse is strong and full, and there are flushings in the face, and heat in the palms of the hands, these are signs that the *whites* arise from a full habit of the body; in which case, those astringent medicines and applications, that would in the contrary case be a cure, are in this extremity dangerous and improper.

The womb, as well as the whole of the body, is greatly weakened, and debilitated, by this discharge, when it is of long continuance; and when women in this situation are barren, and cannot conceive, the removal of this disorder sometimes removes barrenness; or at least when that is cured, one of the greatest, and most general causes of

barrenness is done away. Astringent injections, such as a solution of sugar of lead, red port and water, or a solution of green tea, introduced into the private parts will be found productive of a good effect.

When the discharge comes late in life, attended with inflammation and heat, a difficulty of making water and itching of the parts, it becomes necessary to apply a remedy of another sort ; for that arises, generally, from too full a habit of body, particularly in women inclined to corpulence. It is often accompanied with strong passions and desires, but it terminates by weakening the body, although it may be said to arise at first from too much strength. To cool and reduce the body, and at the same time brace it well, are, in this case the best remedies.

When the discharge is without any offensive smell, and not attended with pain, it does little harm, and there is not much danger. In this case, it proceeds merely from relaxation of the parts, but when it is yellowish, and smells, it may be conjectured to arise from a constitutional disease.

Dropsy in the Womb.

THE Womb is sometimes the seat of a Dropsy, but the watery substance is not contained in the womb itself, but in small white-coloured bladders, resembling bunches of grapes; this very seldom happens in young women, and is most to be apprehended after the age of forty-five, when the monthly courses have entirely ceased. These are called *hydraulics*.

The dropsy sometimes begins in the *ovaria*, and on one side only, and that generally the left side. It first appears small, and extends and increases by degrees. No disagreeable symptoms attend this disease at first; but when it has got to a considerable height, it becomes inconvenient, painful, and at last dangerous. The thigh next to it is seized with a numbness and insensibility, the appetite fails, and the whole body wastes away.

The progress of this disease is never very rapid,

and sometimes is very slow. It has been known to be in a continually augmenting state for twenty years, before it became dangerous.

The *ovaria* are not hollow but spongy; and as they are covered with a strong membrane or skin, capable of being greatly extended, they are liable to imbibe or become filled with that too great abundance of liquid matter, which causes the dropsy, and which is contained in them, like as in a small bladder, or sack.

Whatever either stops or prevents a free circulation of the blood, has a dropsical tendency; or, in other words, whatever tends to weaken the general habit of the body, such as want of exercise, or a relaxed manner of living. It may also arise from injuries received during labour, or from inattention to the too frequent discharge of blood from the womb, but care should be taken not to mistake this disease, which is local, for a general dropsy, or for pregnancy, as the cures for a general dropsy and for this are different; and as in a mistake for pregnancy, no suitable remedy will be applicable.

As the dropsy in the *ovarium* begins imperceptibly, it is seldom taken in time, so as to be entirely removed; but the object is to prevent it from coming to such a head as to bring on great pain or danger.

When this disease is discovered, diuretic medi-

cines should be taken, and gently cooling physic to keep the body open ; and at the same time the belly should be kept tight bound up by a flannel roller, or other bandage. All this, however, will only keep down, but will not remove the disorder ; for which purpose, tapping generally becomes necessary, and even that is only a temporary remedy ; for the superfluous fluid, having once got into that channel, replenishes the hollow space by degrees, and every time the quantity is rather increased than diminished.

There have been cases where the woman, not having been much impaired in health, has taken great care to strengthen and brace the body, and so prevented a return of the disorder.

If the humour or watery substance be not contained in the *ovarium*, but in a number of separate vessels or sacks, called *hydalids*, then an operation cannot produce much benefit ; and this, unfortunately, is the most frequent case. Great attention to diet, moderate exercise, and keeping the body in a proper state, are the best remedies ; but this is a disorder that nearly baffles both medical and chirurgical skill.

Cancer in the Womb.

OF all the diseases to which the human frame is liable, this is one of the most terrible in every sense of the word; and like the dropsy in these parts, seldom attacks young women; but rather those who are in the decline of life.

Like the dropsy also, its approach is slow, and at first imperceptible; heat, and a disagreeable itching, with an uneasy weight at the lower part of the belly, are the first sensible signs of the Cancer; and in the latter stages, irregular shooting-pains across the lower part of the belly; but when it is confirmed, there is a continual burning, and gnawing-pain, attended by a discharge of ill-coloured-matter, with a strong disagreeable smell, and so acrid, that it burns and excoriates the parts, however after they may be washed, or whatever may be the attention to cleanliness.

This malady, so terrible in its extremity, that death itself becomes desirable, is best prevented, in its early stages, by a vegetable and milk diet, bleeding, and gentle purgatives, with a total abstinence from animal food; issues above the knees are likewise found efficacious in retarding the progress of the disease; but no cure has been discovered; and indescribable misery has been occasioned by attending to quacks, who pretend to cure this dangerous, and incurable disorder. Of these pests of society, a disgrace to the police of this enlightened nation, women ought particularly to beware; not only in all stages of pregnancy and after delivery, but in every situation whatever. Their credulity is too often made the dupe of these scandalous impostors; whose pompous advertisements and forged certificates, pronounce their *nostrums* the infallible remedies of every disease; and who are suffered by a British Legislature to commit murders to an incalculable extent. Common sense and daily experience must convince the most ignorant female, if she will suffer herself to think, that no one medicine can indiscriminately cure all diseases, nor can be efficacious in all stages of the same disease. The most trifling disorder requires different treatment, in every part of its progress; and it is to be thought reasonable, that maladies like that under consideration

which have baffled all exertions of the most learned and able physicians, can be cured by murderous empirics, without education, without judgment, and without responsibility?

Hysterics.

THIS disorder, so frequent in women, especially those of the more indolent and luxurious habits, is occasioned by their irritability, and disposition to be easily moved or affected by surprise, grief, anger, or joy, or in short to feel more strongly than men, and with less cause, the various passions of the mind.

Hysterics are generally accompanied by fits of laughing, crying, or both; the body moves in a convulsive manner, in which, great strength and effort are frequently exerted: they are followed by faintings, languor, and grief; and at the same time, a total insensibility, from which the patient recovers by degrees.

Such fits come on generally with a pain in the left side, which gradually falls into the belly; and they are not uncommonly preceded by sickness and vomiting. The person attacked, feels as

if a ball were mounting in the throat from the stomach, and as if she were going to be suffocated for want of breath.

This disease arises from a too full, or plethoric habit of body, and want of exercise, in those who live well and have abundant monthly discharges; and in such cases it may generally be removed by a regular and spare diet and letting blood, with a due attention to proper exercise. It is not, however, to be omitted to be observed, that Hysterics fits arise in some cases, from the situation of the mind in young people, when the passions are high, and the imagination heated. In this case, though reducing the habit of the body does, in some degree, restore the mind to a proper situation, yet those who are about such persons should be attentive to amusing them, keeping them occupied in engaging pursuits, and healthful exercise; preventing, at the same time, improper indulgencies, and reading such books, as either prey upon the mind, or heat the imagination, and lead to ideas dangerous to the young, open to every impression. The sentimental novels which fill our circulating libraries, and are greedily devoured both by mothers and daughters, under the mask of morality, are more injurious to female virtue, than the most openly licentious, and immodest publications.

Hysterics that sometimes begin in a very

simple, and apparently mild way, if not attended to, derange both mind and body, so as to bring on a sort of idiotcy; and terminate in very dangerous and real convulsions.

When Hysteric fits come on violent at first, blood should be let, and physic administered, with the aid of the warm-bath, to prevent a repetition; for a continuance of the disorder greatly hurts both the mind and body.

Bathing the feet in warm water, with care to avoid agitation of mind, or inordinate exercise of body, are remedies and preventives, that in all cases are found to be safe, and in many effectual.

Another cause of Hysteric fits, is the extreme delicacy of the frame, and sensibility of some females; and in this case, the remedy is not so easy, nor its effect so certain.

Hysteric fits of this sort are less violent, and more irregular than the other, and require in most respects, very different treatment; that is to say with regard to the body; for in respect to the state of the mind, cheerful company, and a variety of innocent amusements and occupations, that do not interest the mind too much, are highly to be recommended. In those latter sort of fits, to strengthen the body, and calm the mind with opiates, using at the same time, those medicines that are called *nervous*, such as *camphor*, *valerian*, &c. are the best methods of treating this

disorder; but they should never be administered in ardent spirits or strong liquors, nor should opiates be given in great quantities or habitually, but occasionally; as both the one and the other still more debilitate a feeble frame. Indeed the habitual use of opiates, which in a short time becomes necessary to the person accustomed to them is more dangerous, and pernicious, than excess, even in the most intoxicating liquors. This I wish particularly to impress on the female mind; as many women who would dread a *dram*, like poison, daily, and almost hourly, swallow large doses of laudanum, sufficient to kill the most healthy individual, unaccustomed to this dreadful potion.

There are besides these two sorts of Hysteric fits, which arise from different causes, and are regular and irregular, *false or pretended fits*. The discretion and discernment of those who are present may discover these latter, by circumstances; all of which cannot either be imagined or described, because they are infinite in number; but in general, the pretended fits take place when the female has met with some disappointment arising from another; or has in view some object that depends on the will of another, who may be supposed inclined to grant indulgencies on account of the fit, and to prevent its return.

Such pretended fits, besides the circumstances, may generally be discovered, from the female not appearing entirely ignorant of what has happened; and in her anxiety to know what was said, or how such and such persons were affected: whereas after real fits, the person dislikes to speak about them, and shews a total indifference as to what those about her thought or did.

The true remedy for the false fits, is to let the person understand, by some means or other, that the scheme is seen through; but great care should be taken to ascertain that the fits are pretended, before this be done, as it would be the greatest cruelty to treat the real sufferer in the manner of the pretended one.

Some females can act the part of laughing, and crying, with all convulsive movements, so completely, as to deceive all strangers; it can only be those who know them, and are about their persons, before and after, that can discover the deceit.

False or pretended fits are, however, a species of disorder demanding a remedy; for the mind of a virtuous woman must be in a very strange state before she can resolve on so disagreeable an expedient, to procure the gratification of her desires; and as the conclusion is, that those desires are immoderate, and that inmoderate desires for the most legitimate objects, only trouble

those who are too much indulged, or are in too full a habit of body; the remedy is to reduce them by proper diet and exercise, and to restrain, rather than indulge.

False Hysterics may be considered, in grown up girls and women, as similar to crying in children, who at an early age counterfeit pain and grief, as well as the best tragic-actor: the children do this to obtain an object, and interest those to whom they are dear; but it was seldom known, that infants at a workhouse, an hospital, or with a hired nurse, gave way to these counterfeit passions. As women advance in years, shame to shew their weakness drives them to another, and more refined expedient; they counterfeit a very melancholy state of human nature; the mind is insensible of what the body is doing, and therefore not responsible for what is done; in short it counterfeits an involuntary suffering and therefore obtains pity without blame; and with similar treatment, according to circumstances, pretended fits in adults may be cured according to the same principle as crying in children.

General Observations on the Diseases of Women, and their Cure.

From what has been said, we see that the diseases to which women are liable, are chiefly owing to too full a habit, high living and little exercise, or the reverse; that is, violent exercise, and want of sufficient nourishment. These opposite causes produce similar diseases, though the symptoms are different, and the treatment required in many cases for the disorder totally opposite. A general idea or notion of the business, is the only way to prevent those eternal errors that arise when there is no fixed rule to go by.

This book is written with an intention to be practically useful, and obviate in the cases of child-bearing, and the diseases to which women and children are liable, the evils arising from a want of regular medical study. I feel anxious to impress the subject on the mind by every method in my power.

In general, then, the diseases arise from too full, or too spare a habit of body, from which the conclusion is, that a habit of body, between the two, is favourable to health; therefore, whatever the disease in itself may require of particular treatment, to reduce the body to this state, is a preparatory and necessary step, which is in all cases to be done by a very simple operation.

If the habit be too full, and occasion very violent or dangerous disorders, bleeding and purging are necessary, because a violent disorder requires a speedy remedy; to which must succeed, regular diet, exercise, and cooling gentle physic; but if the disorder be not dangerous or violent, though proceeding from the same cause, the bleeding, and strong physic, may be dispensed with, and diet and regimen alone bring the body to its proper state.

If again, a feeble relaxed state, from want of proper nourishment and from too hard labour, be the cause of the disorder, whatever its nature may be, the ground-work of the cure must consist in bringing the body to a proper state by nourishing food, ease, the use of wine in small quantities, &c. &c.

In many, indeed in most cases, these methods will go a great way towards producing a cure, nay will frequently produce it altogether; and in

every case it is impossible to perform a complete one, without a proper attention to these maxims.

This then is a general rule, *to bring the body by regimen to a proper state.*

Another general cause of disease may arise from a *relaxation of the nervous system*, as it is termed, which may take place in either a full or a spare habit of body; and in this case, the bathing or washing the body, frequently; avoiding all lazy customs, as lying too long or too warm in bed; keeping too much within doors, in confined air, and without due exercise, with moderate use of Peruvian bark, and other astringents, are useful. In these cases, there is not a more baneful practice than that of drinking great quantities of tea, which not only weakens the stomach, but attacks the nerves in a direct manner; for it is known that the strongest men cannot resist the effects of this liquor, when taken strong and in great quantities.

In all cases, the use of strong liquors should be very moderate, a free circulation of air should be obtained, and gloomy ideas and uneasy thoughts avoided.

There is no remedy in nature for certain cases, but those are very few. There are methods, however, of palliating or relieving almost every disease. The method of obtaining this art, and the most likely to prove successful, is to get a true

knowledge of the subject, and the error committed in any case will never be very great.

The general rule being laid as to causes, the next thing is, to find out the causes from the circumstances of the patient, or symptoms of the disorder; but this is seldom very difficult in the cases of women in those sort of disorders.

The manner of living may be always learned from inquiry, and the general appearance of the patient, and state of the pulse, will tell the rest, with respect to a full or a wasted state of body.

The habit of body of adults, or grown persons, so far as it depends on the manner of living, can never be fully understood, without comparing it with the manner in which they were brought up in their younger years, both as to food and exercise*. This is so essential, that the same manner

* We see more corpulency among the middling ranks than amongst those who were born to affluence; and we scarcely see any amongst the poor. It would appear from this, that those persons are most addicted to corpulence, who have been brought up sparingly, but have lived well. Whether this may be owing to the greater propensity to indulge in good living, by people who have been brought up sparingly, than in those who have always had plenty, or from the habit of body, is matter of little importance, since the effect is produced; but we must observe, that women are more liable to this than men, as it is more frequently happens that they are raised to affluence or reduced to a lower situation; and unfortunately, where there is indigence, they feel its effects more than the men.

of living that would be productive of a full habit of body to one person, may produce the contrary in another, according to their former habits.

General knowledge of the causes, symptoms, and remedies, prevent great errors and dangerous mistakes; and without it the mind never can satisfy itself or act with confidence in any particular case. It is in this case that the male practitioners have one of the chief advantages over the women, who are contented with learning from individual cases and experience, without taking the much easier and readier way to come at knowledge, by studying the general principles.

Of the Diseases after Delivery, and their Treatment.

THOUGH the situation of a woman, from the beginning to the end of pregnancy, is interesting and delicate, yet the whole, though often a difficult, is a natural operation; and, therefore, when the body is in a general state of health, and there has been no accident nor uncommon circumstances, the recovery after is not very dangerous or difficult.

The change performed on the body during pregnancy is very gradual, yet it is not unattended with pain and inconveniency. What, then, may be expected, when almost in an instant it is reduced to its usual state, and that after the most violent pain, occasioned by the straining to admit the passage of the child through an opening, which, in its natural state, is not half the size sufficient?

After delivery, the womb contracts very quickly; the intestines, the bladder, and all the parts which

were pressed upon, take their old situation; for, as the part occupied by the womb, in its expanded state, was never an empty space, it only obtained room by pressing all the parts it came in contact with into a smaller space.

The same supply of matter which, in the usual course of the woman, when not in a pregnant state, is excluded by the monthly courses, and which, during pregnancy, comes to the nourishment of the child, produces a discharge of a bad colour for several days after delivery. This is called the *cleansings*, or *lochial discharge*; and in about four or five days turns to a pale yellow, then becomes brown or green, and in a few days more disappears.

When the *cleansings*, or *lochial discharge*, continues for a number of days, and goes beyond the usual time, Peruvian bark, and elixir of vitriol, taken inwardly, may prove useful in suppressing it, for then it is to be dreaded, that either the body is in some manner disordered, or that the mother has met with some accident in the delivery of the child.

If the *cleansings* have a disagreeable smell, the passage to the womb should be syringed twice or thrice a day with milk and water; and if there be any degree of fever, three or four grains of *Dr. James's powder*, taken every five or six hours,

diluting drinks, taken frequently, with warm fomentations applied to the belly, will procure relief.

The agitation of mind added to bodily pain, in lying-in-women, is a very sufficient cause for the debilitated and fatigued state in which most women are found after delivery ; but there is danger, seldom noticed, but highly worthy of attention, which arises out of this. Notwithstanding the weakness and debility arising from pain and apprehension, the sudden manner in which they are got rid of occasions a most delightful sensation. This women are apt to mistake for strength, and therefore to take liberties with themselves, which are very dangerous with regard to consequences, particularly as the mind is in the most sensible situation possible, and liable to be acted upon by all sorts of impressions in a sudden manner.

With regard to the usual precaution, about keeping women quiet, they are so well known, that it would be useless to speak. I wish to treat of what is not generally known or practised ; but not to trouble my readers with what is universally understood.

The time after child-birth, even in the most favourable cases, must be divided into three stages :

First. Till the *after-birth* be wholly cleared away.

Second. Till the *cleansings*, or *lochial discharge*, be over, until which time the internal pores remain open ; and,

Lastly. Till the milk be fairly come into the breasts, and employed in suckling the child, or otherwise disposed of.

Till all these circumstances take place, danger cannot be considered as being over. We shall first speak of the means by which dangers may most likely be prevented ; and next, of the methods of treating them when they do occur ; observing, however, that women who are accustomed to an active life, and to take exercise, are much less liable to such disorders than such as have had the means during pregnancy, of indulging themselves in habits of laziness and luxury.

*Of Diet, Dress, Air, and the Mind,
after Delivery.*

THE natural wish in an exhausted situation is to have something stimulating, or what is called comfortable to the inside; this should, however, be given with great caution and consideration; for the tender state of the intestines ought to be considered. It is not like common fatigue, and therefore a little bread or biscuit, dipped in warm wine-negus, or a little panada, are safe, and will cheer the patient internally, as much as ought to be done; but nothing heating, or of the nature of strong liquors, should be given, even in the smallest quantities.

If the patient call out for drink, water-gruel, with a little wine, barley-water, or any other such innocent and nutritious beverage, may be given, about the warmth of new-milk, whatever the the season may be; and it is best to let her

have the drink she fancies most, provided it be not of an injurious nature.

All positive rules with respect to the time when particular sorts of food may be given are dangerous or useless; because the strength of the stomachs in women differs as much as any two things in nature. Chicken, mutton, or veal-bröth, with bread, and a very small quantity of the meat, may be allowed when the stomach requires it; but in weak women it generally rejects all such aliment; while fish, but not salmon, herrings, or any such heavy and oily sorts, light puddings, or boiled fowls, can scarcely do harm; but here, as in most states of convalescence, there is much danger in eating too hearty a meal. The patient has frequently a false appetite, which should not be indulged to excess: she should eat frequently, but in great moderation.

It is neither well to be exposed to cold, by rising too soon, nor to lie constantly in bed, when there is a disposition and strength to rise. Sitting up should be increased gradually, but never should be encouraged any farther than inclination and ability to bear the fatigue altogether permits.

To admit free air, but to prevent any current that might give cold, is here particularly necessary; and the clothes should be loose and easy, without creating any unnatural warmth, or exposure to the cold.

Women, frequently after the first weakness is over, venture to walk about too early, without feeling the effects at the time; but this is very dangerous, till the womb has entirely shrunk into its natural size.

Nothing wet or cold should be touched during the early stages of recovery; even the handle and the edges of the vessel in which the urine is made, ought to be covered with flannel for the first few days.

When the body is in this enfeebled state, the mind should be kept free from agitation, whether of an agreeable or disagreeable nature. For the same reason of avoiding fatigue, company should be allowed as little as possible to see and talk with a recovering woman.

Nurses should take rest when they can, and avoid teasing, either with officiousness or bad humour; both of which are very common, and very hurtful. They should remember, that allowances are to be made for a sick woman's fancy and fretfulness; and without either flattery or contradiction they ought to persist in doing their duty; always, however, giving the patient her way, when no harm can ensue;---a rule indeed generally necessary with persons afflicted by disease.

There is a sort of anxiety in the mind of women in this state, which makes them more inquisitive than at any other time. Their questions

should not be answered evasively, for they are apt to put the worst construction. But no circumstance of importance should be communicated to them; while it has a very good effect to tell them indifferent matters; for this not only diverts their mind, but prevents anxiety, by leading them to suppose that nothing is concealed.

In order to pass over more easily and patiently the first two or three days after delivery, a small dose of laudanum, of about twenty five or thirty drops, may be given with advantage, as it will procure sleep, and deaden the pains, which occasionally disturb the patient; and if the body be in any degree costive, gentle purgatives should be administered. Calcined magnesia, or small doses of castor-oil (as directed in the Appendix) are safe; but must be administered sparingly, and care should be taken not to give such doses of physic as are administered to persons in ordinary cases, and for common complaints.

✓ Injections, where the woman is not obstinately against them, are better than purgatives; but nothing is to be done by way of force or contradiction, as the effect on the mind may do more harm than the remedy can do good.

There are frequently *after-pains* for several days after labour, and sometimes they are very violent and resemble *labour-throws*; but they are not of a dangerous nature, and seldom last long.

They arise from the contractions of the womb, and the discharge of clotted blood. The mixture proper to remove these will be found in the Appendix.

Warm flannels applied to the belly, or bladders, half filled with hot water, will in these cases procure ease, and perhaps remove the disorder, which generally abates when the *cleansings* are nearly over; and that may be known by their change of colour.

Of Milk, and Suckling.

EVERY Mother who can, and there are few who cannot, ought to suckle her child, whatever may be her rank or station. Those who have never performed this office of Nature, cannot conceive the pleasure with which it is attended, insomuch, that mothers feel more at weaning their children, than the children suffer from being weaned;---a fact perfectly indisputable, and which cannot be too strongly inculcated, previous to a first delivery.

As soon as the mother has taken the laudable and wise resolution to suckle her child, an attempt should be made, the breast and nipples being first washed with warm water and milk; and if, as in the cases of women with their first child it sometimes happens, the nipples do not sufficiently protrude for the child to catch hold of them with its lips, it is necessary to dip a flannel cloth in milk and water, pretty warm, pressing and moving

the breasts with the hand; after which, a person, by applying a nipple-glass, may draw the breast without injury, pain, or difficulty; and the nipple will rise, so that the child may afterwards get hold of it; or if it does not the first time, let the operation be repeated two or three times, and it will seldom fail.

The child should not be kept too long at the breast at first, neither should it be presented too often, as this fatigues both mother and child. During these efforts, care should be taken to support the mother in bed, and to keep the clothes about her, so as to prevent her catching cold, or being unnecessarily fatigued.

If the mother do not intend to give suck, no violent means should be taken to draw away the milk. This is acting against Nature, which is always much more dangerous than yielding to it: to live very sparingly, take little nourishment, and drink as little as possible, is advisable in this case. If in the season, ripe fruit may be used to prevent or quench thirst, and the breasts should be frequently rubbed with equal parts of sallad oil, and brandy a little warm. When the breasts become much swelled with the milk; a part of it should be drawn off twice a day, but no more than to give ease to the patient, else more milk will come than if the child were sucking; but if the breasts be not filled so as to be hard, and give pain, they should

not be drawn at all, as it is a proof that the milk is going away of itself, which it for the most part does on the second or third day, attended by sweating and looseness, whereby the body is speedily relieved. During this process, in order to favour the operation, gentle cooling physic may be given, but nothing that will either irritate or inflame the body in any manner whatever.

Such are the methods to be used after a delivery, where every thing goes on in the common course ; but when, from other causes, disorders come afterwards, other measures are to be taken.

Of Disorders after Child-birth, and the Remedies.

IT must be evident to any one who has attentively read this work, that disorders may arise after labour, either from the previous state of the body in general, or the parts most connected with the birth, or from the position of the child, or the treatment during delivery.

The disorders arising from these causes ought to be discriminated and carefully attended to; for though sometimes apparently of little importance they may occasion great pain and inconvenience through future life; or the contrary may be the case; they may appear dangerous at first; yet terminate in nothing of any consequence.

Faintings are not uncommon after delivery, but if they do not arise from any thing particularly painful or dangerous in the labour, or any injury received by the mother in the delivery, the usual

methods of quietness, a free circulation of air, and flannels pressed gently on the belly; will prove a remedy. Such only proceed from fatigue, and a weak state of body, but if they be attended with fever, a strong and quick pulse, a discharge of blood, and cold feet and hands, some injury or strain has probably been sustained, in the passage of the child.

In this case there is great danger; but in the first place, the common practice of holding harts-horn to the nostrils, or other stimulants that may produce coughing or sneezing, should be absolutely forbidden, as any exertion might cause an immediate flooding, which might prove fatal.

The feet should be warmed by bladders filled with hot water, to promote the circulation of the blood, while cloths dipped in cold water are applied to the lower part of the belly, in order to hasten the contraction of the womb.

A continuance of these means will give relief in almost every case; and when it is obtained, the woman should be kept perfectly quiet and cool; her drinks should be cold, and she ought, as much as possible, to be prevented from motion.

If it be apprehended or known, that the passage through which the child came into the world has been bruised, which the Midwife who delivered her can always tell with considerable certainty, then attention must be paid, according to the nature of

the case. If the injuries received be not of a serious nature, keeping the parts clean and dry will generally be sufficient.

A swelling in the parts immediatly after delivery is no proof of an injury received, as that will frequently arise merely from straining and exertion; but when there is a great heat in the parts, attended with a throbbing pain, then an inflammation is to be dreaded, and not a moment ought to be lost in taking means to allay those alarming symptoms.

Cloths, dipped in cold water and vinegar, applied to the lower part of the belly, and the use of the cold bath, when the patient is in a situation to bear it, will, in time, remove the dangers that arise either from bruises or wounds, owing to a too quick delivery, or too much force being employed; but, if wounds have been given, by instruments, it is impossible to say to what extent the evil may go. These methods are, however, still to be used, and a blister applied between the loins may be tried, and has sometimes been productive of a good effect.

An inflammation in the bowels is one of the most violent and dangerous diseases to which a woman is liable after lying-in. The symptoms are a violent pain in the belly, near the navel, and striking quite through to the back, which is aug-

mented when pressed by the hand, accompanied by thirst, fever, and sickness.

As this disorder may, in a few hours, terminate fatally, it neither admits of delay nor deliberation, but the most effectual remedies are to be applied at once, and the best advice immediately procured. This is one of the cases where, as I have said already, Midwives are not to trust to their skill for the cure, but merely for the symptoms, that they may know the danger.

- Want of attention to proper regimen, and an exposure to cold, are the causes of this violent and mortal disorder, as well as of an inflammation of the lungs, which is nearly as dangerous and sudden. This last disorder begins with a violent pain in the chest and side; shivering, difficulty of drawing breath, and coughings, with increased pain and restlessness. Immediate and good advice should be had. If, however, medical advice cannot instantly be obtained, bleeding, purging, and blistering should be administered; carefully avoiding any thing stimulating, strong, or what are called *comforting drinks*; barley-water, with lemon-juice, or apple or tamarind tea, are the best beverage. Broths, also, are to be avoided, till the violence of the disease be abated.

When an inflammation in the womb takes place, it is commonly before the sixth day from the delivery. It begins with a running heat in the part,

feels as if full and swelled ; but there are various parts in which it takes place, and the situation of the pain is accordingly. It may be near the navel, or above or below the *share-bones* ; sometimes it lies backwards, or strikes and shoots down the thighs. When the part of the womb next the bladder is affected, then there is a retention, and sometimes a total suppression of urine.

This inflammation is a regular pain, and not like the after-pains, which are intermitting and irregular. Besides, the after-pains are grinding-pains, something like those of labour, but they are not attended with burning heat. It may also be known by its stopping or greatly diminishing, the discharge of the *cleansings*, if it happen before they are complete.

An inflammation in the womb requires prompt remedies, as either a cure, or mortification and death, must soon take place ; letting blood, cooling physic, injections, and fomentations applied to the belly, are all to be employed, with a very spare diet, and cool acidulous drinks. If those succeed, they produce a sweat, and the dangerous symptoms gradually abate.

If, on the contrary, the fever and throbbing continue, with other dangerous symptoms, then it may be concluded, that either mortification, or suppuration, will take place.

If the pulse be low, the delirium not violent,

but rather the contrary, and the sweat clammy, it indicates a mortification ; but if the pulse continue full and strong, the delirium violent, with an increased throbbing pain, suppuration may be expected.

When the suppuration takes place, the matter passes best through the passage of the womb, which should be kept very clean, and syringed frequently ; but this depends a good deal on the part where the inflammation has taken place, and the discharge is sometimes by an abscess in the groin, or by the straight gut. During the discharge, Peruvian bark should be taken two or three times a day ; the diet should be nourishing, and the drinks cooling and frequent. Cooling injections should be used, as this is too serious a case to be tampered with, notwithstanding any reluctance the patient may feel.

Mortification most frequently takes place when the state of the body has been weak, and the habit diseased before the delivery.

If a physician be called in during this disorder, the attendants should be very careful to let him know in what stage the disease is ; for, if he should mistake the symptoms attending suppuration, for the symptoms in the first stage, and let blood, he would do much harm to the patient.

There is a variety of other pains to which women are subject after delivery, which I shall

endeavour to explain separately, but without going into any long and tedious directions, as the remedies are not very difficult.

When the pains are of a rheumatic nature, which may be known by their being most violent during the night, and attended with a gnawing burning sensation about the back part of the *pelvis*, the hips and thighs, they generally proceed from having caught cold. If not violent, rubbing the parts with opodeldoc will probably remove the pain; but if that does not do, bleeding, blistering, and promoting perspiration, and the application of flannel, will succeed.

The cramp in the limbs is sometimes complained of after delivery; rubbing, and the general methods that promote circulation, are the remedies for this disorder.

The *share-bone*, and all the adjacent parts, were minutely described in the first part of this work; and it sometimes happens, that they may, either by straining in the delivery, or from a fall, or other previous accident, be separated farther than Nature intended. This is known to be the case when motion constantly increases pain in the lower parts by an uneasy sensation, when either of the legs is moved, as if the bones at the lower part of the body were grinding upon each other. In this case, Nature must be aided by mechanical means; a broad strong belt should be fastened round the

the hips at the broadest part, as if it were to bind them together; there must be as little motion as possible; and when the time comes that the cold bath can with safety be used, it will serve to strengthen the parts, and complete the cure, which if not done, feebleness, and even lameness, will be the consequence.

Sometimes the inside glands of the groin become swelled and inflamed, attended with stiffness in the part, pain in the back, and considerable degree of fever. The thigh swells to a great size, becomes shining, from the stretching of the skin, with great heat and pain when touched. The leg partakes of the same symptoms. Flannels, soaked in hot vinegar, with the application of leeches; and then a blister applied to the groin, rubbing the thighs and legs with anodyne balsam, and taking gentle physic, will remove the disorder, if taken in good time, but if not, it may produce weakness, and even lameness, through the remainder of life.

*Of Fevers, or Disorders that attack the
whole Frame.*

Too quick exposure to cold, or any inattention or neglect, may occasion fevers.

Of these there are several sorts.

Irregular fevers begin with cold all over the body, and a shivering in every part, attended with a pain in the back, head-ach, and sometimes sickness. To these symptoms a violent heat succeeds, followed by a copious perspiration, with which the fever terminates, generally in about thirty hours.

When the cold fit comes on, warm flannels are to be applied to the stomach and belly; and bladders, or bottles filled with warm water, to the feet; the patient at the same time taking white wine-whey, barley-water, and other drinks, of an innocent, but not inflammatory nature. Nothing strong should be given inwardly, because that tends in

fevers to bring on delirium. It is a great mistake to load the patient with clothes, which do not create warmth, but fatigue the body, and obstruct the breathing.

The tongue should be examined, and if found to be foul, the state of the stomach may be concluded to be such as to require a vomit; but it must not be a violent one, as the general situation of the patient is such, that every violent movement will be attended with danger. Ipecacuanha, or strong camomile tea, will be sufficient; but vomits in general are to be given with great caution to women in a state of pregnancy.

When the cold fit is over, and the hot fit comes on, the patient should be kept cool, and covered lightly with bed-clothes. The same drinks should be continued, only cool instead of warm. Good and ripe fruit will be found both agreeable and beneficial; and nitrous julep may be given in a moderate quantity. These modes of treatment should be continued till the sweat be perfectly at an end, for it will be very dangerous if checked before its natural time.

When the sweat has come out, the drinks should be warm; as during the cold fit, unless the sweating lasts above five or six hours; then the drinks should be given sparingly, and cooler, in order to check its too long continuance.

The bed-clothes should be shifted, and replaced

by others well warmed and dried, as already mentioned.

As this fever often comes on several weeks after lying-in, it would be well always to endeavour to find from what cause it proceeds, and avoid the same in future, for it is a malady that is subject to return.

If fevers of this sort arise from weakness, then the bark will be found a preventive; and if from uneasiness and irritation, opiates will be of use.

The *rush*, or *miliary fever*, is of a much longer duration, and is not so regular in its progress as the fever that is called irregular, and of which I have just treated.

This *rush fever* sometimes comes on with shivering head-ach, vomiting, dull eyes, and a weak quick pulse, with a disturbed uneasy mind, and low spirits, to which succeeds a violent sour-smelling sweat, and an eruption on the skin. The *rush* begins on the neck, breast, and arms; and then extends over the whole body. The pimples are very small; sometimes red, at others white or yellow on the point, and this latter sort is the most dangerous.

There is no certain time for this fever to last, particularly where the pimples are white or yellow, and when they disappear and appear again repeatedly.

If the painful symptoms go away or abate, when

the eruptions appear, it is a favourable symptom, but if not, there is great danger.

If sickness make one of the first symptoms, then an emetic will be found to have a good effect; and in every case gentle physic.

Flannels dipt in warm water, and wrung out, applied frequently to the legs and thighs, will tend to prevent delirium. These should also be employed when the *rush* goes in suddenly, but the fomentations should neither be continued very long nor very hot.

After the eruption comes out the patient should be kept cool, and the air in the room allowed to circulate freely; but the exposure to the cooler air must not be too sudden, as indeed the discretion of those present cannot fail to point out: cooling medicines, ripe fruit, acid drinks, with broths and light diet, are necessary.

In the yellow or white eruption, the *Jesuits' Bark*, taken in port wine, is good, for there is a disposition to putridity. The quantity of wine should be lessened, if the pulse be quick and strong, and augmented if the pulse be weak.

This sort of fever lasts from three days to nine, and proceeds generally from improper treatment, either by the patient being kept too hot, and allowed the use of heating liquors, or it is the effect of being imprudently exposed to catch cold; and if the proper regimen, as laid down here, be attended to, the *rush* fever will very seldom occur.

Malignant Child-bed Fever.

THIS Fever requires to be attended to at as early a stage as possible. The knowledge of the symptoms is, therefore, very important.

It generally begins on the second or third day after delivery, attended with a shivering fit, and pain in the head ; particularly above the eye-brows. A hot fit succeeds next, with looseness of the belly, which becomes so sore as not to bear being touched, or to support the weight of the bed-clothes ; and even the motion of breathing is attended with an almost intolerable pain in the belly. At first the pulse is quick and strong, but afterwards becomes weak.

There is a great variety of other symptoms which occasionally take place ; sometimes there is vomiting, with looseness, and sometimes the patient is costive ; the skin is sometimes hot and dry, in others it is in its usual state, and sometimes covered with a clammy sweat. The eyes are in

general dull and sunk, and the face flushed, attended with great dejection ; and the fever, which has no settled period, is infectious in a high degree, and very generally proves fatal.

It does not enter into the plan of this work, nor is it my opinion, that when serious cases occur, regular medical aid should not be applied to ; and in the case of this fever, I recommend seeking the best advice at the first moment.

The common Low Fever.

THIS Fever begins with a pain in the head and back, a quick pulse, foulness of the tongue, and general warmth; it is seldom very dangerous to lying-in-women, and the treatment is by no means difficult; it consists in little more than attending, with greater than usual care, to the state of the pulse, and of the belly. The pulse tells whether exhilarating or reducing medicines are to be used, and the state of the belly affords a regulation for the medicines to be taken.

The bile on the stomach sometimes, by lying in too great quantity, occasions a fever, which is attended with a pain and swelling of the belly, nausea, and a loss of appetite.

The stomach should be cleared in the first instances, then the patient treated as in other cases of fever, attending to the belly and the pulse, as regulations concerning the medicines to be administered, and regimen that should be followed.

Diseases in the Breast.

IN diseases of the Breast, like all others, it is of great importance to apply remedies as soon as the symptoms are sufficiently known, to enable a proper judgment to be formed of the nature of the case.

When, after the child has begun to draw the breast, it still continues hard, and at particular places is more so than the rest, then it may be expected that boils are forming, and a poultice should be applied, in order to bring the boil to a head, and to procure suppuration, as well as to prevent the inflammation from extending. A poultice of bread and milk, or of linseed, with a small quantity of sugar of lead, will answer this purpose; and when ripe it should be lanced, which is attended with less pain than to let it come to a head, and break naturally. These poultices should be renewed as often as they get

hard and dry ; otherwise, if the mother be in a full habit of body, bleeding and gentle physic, with a low diet, will prevent fever, which might otherwise take place.

This disorder is sometimes got the better of, and sometimes is very tedious ; according as the origin of the sore lies deep, or near the skin ; if very tedious and painful, the best way is to give over suckling.

Next to the diseases of the breast itself, are those of the nipple, which being very delicate, is apt, particularly with the first or second child, to get injured, bruised, or hurt.

To prevent this, and the injury received, from growing worse, the nipples should be kept quite clean, and washed with weak alum and water, or brandy and water ; which will tend to deaden the pain, in some degree, and to destroy that extreme sensibility which renders them so liable to the common injury.

Nipple-glasses, cups of lead, or ivory, have been used to keep the nipples dry and cool, and prevent their being rubbed, or touched, even by the clothes.

When the nipples are chapped or hurt, they should be dressed with lint, soaked in a solution of sugar of lead or alum, and covered with a spermaceti plaster, spread on a thin linen rag, that has lost all its stiffness ; but if these methods

do not succeed, the child should be given to a wet nurse. When a woman has been troubled with sore nipples once, she may, before she lie in a second time, deaden the part, by washing it with alum-water, or strong spirits, daily, for two or three months during pregnancy.

Of Various Complaints.

BESIDES the above, which may be said to be regular maladies, to which lying in women are subject, there is a number of complaints to which they are liable occasionally.

Of these, the *Colic* is one of the most common, and resembles, in some degree, an inflammation in the bowels, so as to occasion a mistake; but they may be distinguished by the intervals of ease that are felt in the colic. Costiveness generally attends or precedes the colic, and, like inflammation in the bowels, is occasioned, for the most part, by having caught cold, or by irregular or improper diet.

The belly should be fomented, and such remedies applied as expel wind, with mild purgatives, and blood-letting if the pains be very violent; but, as colics may lead to inflammation, it is of great importance to pay strict attention, and call in advice.

The *Cramp in the Stomach* is another, and a very sudden and fatal disease. Two tea-spoons full of hartshorn, mixed in hot water, should be taken; and flannel soaked in hot spirits, applied to the pit of the stomach; and if that does not give almost immediate relief, eighty or ninety drops of laudanum may be swallowed. The best advice should be sent for in this case, as in all the other violent and dangerous ones.

Lunacy, even, is sometimes incident to women after lying-in; but, if taken in time, is by no means incurable. When this takes place, it generally appears first as if arising from a fright in the sleep by a dream. It is only sometimes attended with fever, and is seldom very violent. It takes place about eight or ten days after lying-in; whereas delirium, to which it has some resemblance, takes place in about two or three days. Another distinguishing mark is, that in delirium there is a general madness without any distinction of objects, while lunacy is only directed against one or two: in lunacy, also, the patient may be kept in some degree of subjection, in delirium the raving is general and uncontrollable. The best advice must be obtained in most cases; they are rare, but the delirium is the most dangerous.

When a mother finds the general state of her health bad, with pains in her back, weakness,

languor, and loss of appetite, she should give over nursing.

When looseness comes on after a costive habit of body, or when it is attended with a discharge of blood from the womb, or a pain in the back, it is dangerous, and requires particular attention.

In these cases, mucilaginous drinks, such as lintseed-tea, and clysters with gentle physic, are the best remedies.

In all cases of this sort, pains should be taken to know whether the disease arise from the general habit of body, or from neglect of regimen and attention to diet, during the lying-in, as that will in many cases, enable the cause to be removed, which is the best step towards removing the consequences.

SECOND PART.

Of Children.

IN the former part of this work we have considered only what relates to the mother ; it is now proper we should enter on the treatment and diseases of the child. No subject can be more important than that which regards the care of the rising offspring. It is from the moment of birth the foundation of a good or bad constitution is laid, and errors in their management from this period equally affect the body and mind ; for it is a mistaken idea, that education is to be only learned systematically, or at a seminary. More depends on home, and on the care, attention, and habits of those with whom the child constantly associates, than in the short time which is generally devoted to public instruction. Hence, with a view to the regulation of the mind, as well as the body, infancy cannot be too much under the immediate eye and inspection of the parents ; or,

where this cannot be done, of its nearest concerns.

Of late years the management and diseases of children have engaged the attention of some of the first writers, and the consequence has been, that many of the vulgar errors, on this subject, which have been handed down from time immemorial, and done incalculable mischief, have been done away, or at least so far eradicated that Nature and reason have taken place of prejudice and ignorance. But, though much is due to the labours of these popular and patriotic physicians, their object has been, rather to inform their brethren or professional men, than to benefit by their counsel society at large. The essential point wanted is to furnish proper instruction to the mother and nurse.

The diseases of infancy we know to be simple, and easily treated. The chief difficulty is often to discriminate their nature; and here the mother and nurse have superior means of information, which no medical man can ever acquire. A woman, constantly with a child, is accustomed to mark its minutest wants, to know by certain signs every deviation from health, which would escape any other person; and, therefore, if furnished with some degree of medical instruction, she is more fitted to relieve the complaints that occasionally occur than any practitioner can be.

All the complaints of the first months are of a simple nature. They consist chiefly of disorders of the first passages, or stomach and bowels, and arise generally from the nourishment disagreeing, either from its nature, its quantity, or its specific good or bad quality. Till the period of teething, feverish complaints seldom occur, independently of the stomach or bowels. A new irritation then acts on the system; and in irritable and nervous habits produces often the most serious consequences. It is not generally till after this time, that children are liable to be affected by the different contagions peculiar to infancy; and particularly as before this period the preventive method is commonly used for the most dangerous of them, namely, small pox.

The diseases of children, then, we shall consider under these three heads:

1. As affecting the stomach and bowels.
2. As connected with the irritation of teething.
3. As arising from peculiar febrile causes.

Previously however, to this, it will be proper to consider the general management necessary for this period of life.

Management of Children.

IN treating this subject, the first observation suggested by all writers, is the greater mortality of the human race, compared to that of other animals, at this early period. The general bills of mortality demonstrate, that more than one half of mankind die under the age of twelve; and in looking into the proportion, we shall find, that the greater part of this mortality takes place in the very first years, or from birth to the age of seven.* This it must be allowed is in part a natural evil. As man in his structure is the most complicated of animals, so on the same principle, his frame must be liable to an earlier and a greater decay, and to be more exposed from its formation, and the objects of his pursuit, to a variety of accidents, than the other kinds of creatures. At the same time, much certainly depends on man himself. Civilization, we know, is with

* It appears by an average of the bills of mortality for ten successive years in *London*, and its environs, that one half of the children born die under two years of age.

all animals the source of shortening the duration of their existence. Man is, more than any other, the child of art and refinement, and on this account, proud of his boasted reason, he is ever liable to err. The brute creation, led only by instinct, attend to the dictates of Nature, and, independent of accidents, or the will of man, few perish until the natural limits of their existence be completed.

The great source of the mortality of infancy, in the human kind, has been ascribed, and justly, to the inattention on the part of mothers to their offspring; and committing the suckling of them to a hireling nurse.

A child, when first born, has every disadvantage to combat. It is removed from a mild and unvarying atmosphere often to a cold rigorous air in the most inclement seasons. It is obliged to receive nourishment in a manner to which it has not hitherto been accustomed, and if to these evils we add its being taken from the mother, and committed to the charge of a nurse, whose milk does not agree, either in age or quality, with that of the parent, the consequences cannot fail to be highly injurious. It has been too little inculcated, that much depends not only on the quality, but the age of the milk. Late writers, accommodating themselves to fashionable prejudice, have not laid that stress on this circumstance which it deserves.

Every chemical investigation shews, that this fluid is both very different in different animals, and also varies in the same animal at certain stages of suckling. If this fact, therefore, be duly considered, how important is it that this nourishment of the child should agree with it, both as to time, and also in its specific quality. Nothing, therefore, can be more preposterous, than that a mother, who regards her offspring, should commit it to the care of another, unless where bad health prevents her from undertaking the task. Nature and reason equally point out the propriety of this, and what is found so successful in every branch of creation, cannot be less so on the part of man. Every advantage would attend this practice, both to the mother and the child. A woman, if she be at all able to take sufficient nourishment, is never so well as when suckling; and we know it is even the means of preventing many diseases of an hereditary nature from shewing themselves, and of protracting life under one formidable disorder, consumption, for a length of time. We do not, however, mean to say, that every mother will be able to suckle. It is often impracticable in habits either naturally delicate and irritable, or rendered so by the mode of life of the parent. But the number of such exceptions will, when examined, be found very small; and that number would be still less, should

suckling become fashionable in the same degree as it is laudable. Generally speaking, we might say, that no woman should be a mother who cannot be a nurse; and were every woman to live agreeably to the dictates of Nature, there is little doubt she would be able to be so. No woman should be above taking care of her child; and where she does not, she subjects herself to much trouble and pain, if she have a regard for her offspring, by being dependent on the skill and attention of another, who cannot be always in her sight, and who, perhaps, resides at a distance from her.

The introduction of hireling-nurses may be considered on the whole as a serious evil to society, and as one of the chief sources of the great mortality of infancy among the lower orders. The offspring, for the view of gain, is abandoned by its own mother. It is committed to another, to whom what she can afford to give is no object; and it is subjected, of course, to all the consequences which poverty and ill-treatment can produce. These poor children are seldom given but to women whose milk is too old, and generally on the wean, from having suckled their own child; thus we may say, that not one out of twenty of such children lives, after being deserted by the mother.

This subject, if properly considered, forms an important object for the interference of the legis-

lature; and in a country like Britain, where the population is deficient, where our distant possessions occasion a drain from the mother country which it cannot bear, the institution of a Medical Police, for this and other purposes, would be attended with the most beneficial consequences.

But, independent of the consideration of health, a child, brought up under the mother's eye, secures her affection, the want of which can never after be regained; even the affections of the child, by being given to a nurse, come to be rivetted to her, and often transferred from the natural parent, to a degree that reason and principle cannot afterwards conquer. Hence we may often account for that want of those warm affections which ought to exist between the parent and child, and which are so frequently deficient in the present state of society.

Allowing, in order to take the most favourable view of the subject, that the mother, from her state of health, is unable to perform the office of nursing, still it is of the highest importance, that the child should be immediately under her own eye. The giving suck is by no means the only part of nursing. Numberless are the offices necessary besides this; and as many of them are very fatiguing, and indeed form a constant employment, the superintendence of the mother to see them properly executed, cannot be too

much inculcated. Every mother, therefore, whether she be able to suckle or not, should at least study the subject. She should be capable of giving directions to another, and know whether they be duly executed. By this she will be able to mark if any attention prevail to the wants of her child, and whether the temper of the nurse, a material point, allow her to perform the office with the cheerfulness and good humour necessary for such a task. As hireling nurses also are generally of the lower orders of society, who are too much the dupes of ignorance and superstition, she will be enabled, by her knowledge, to prevent any improper treatment being practised by them.

But though the task of nursing belongs entirely to the mother, the father has nearly, at the same time, an equal interest in the safety of his child. The inattention of the father is too often the cause of this office being underrated by the mother; and were he to put a higher value on the manner of rearing his offspring, the sex would then be induced to consider it as one of the strongest ties for securing the affections and tenderness of the child.

Another observation may be made, and which cannot be too strongly impressed, namely, the difficulty of meeting with nurses who will regulate their mode of life, so as to be beneficial to the

health of the infant. From the situation of life in which they are generally placed, sobriety seldom forms one of their recommendations, especially in great towns, where nurses are most wanted, and where they can be least under the guidance of the parents or relatives. Nay, even when introduced into the family, and under the eye of the mother herself, their irregularities cannot always be prevented; and on the other hand, there is no less danger from an excess of indulgence in regard to them. A nurse, thus introduced into a great family, enters on a diet very different to what she has been accustomed to, which is therefore at first unnatural to her; and by being thus pampered, her milk, instead of being benefited, becomes lessened in quantity, and even vitiated. This is rendered more apt to happen, where she is also restricted of her usual exercise, and carried about in a carriage, instead of being allowed, as was her former practice, to walk on foot, and to perform those bodily labours which contribute much to the health and strength of the lower order of females.

Before dismissing this subject, we may make one farther remark, that it has been alleged, the constitution of mothers determines that of their offspring, and therefore that too much attention cannot be paid in the choice of a wife, both to fit her for a mother and a nurse. On this subject,

however, we cannot pretend to say much. Choice and affection, or worldly considerations, will generally determine a man in his taste in this respect; and the only point is, how far hereditary diseases may be propagated by this source. That this is the case with several diseases, cannot admit a doubt; and though their number be not great, yet too much precaution cannot be used to avert their consequences. Wherever a marked hereditary disease appear in any family, such as *gout*, *schrophula*, or the *evil*, and the taint of the fluids, which is known by the name of *scurvy*, then the substitution of a healthy nurse will certainly be proper, and will form an exception to the rule already inculcated, that every mother ought to nurse her own child. Nevertheless, this will not prevent her to continue that care and superintendence which is so necessary for the nurse properly performing her part.

Many physicians have contended, that infection cannot be communicated by the milk. It is unnecessary to enter into this question. The safest plan is certainly to run no risk, and to take those precautions which reason and experience shew to be the best, to guard against evil.

Of the Food of Children.

AFTER these general remarks on the nursing of children, we are now prepared to consider the nature of the nourishment they are to take, and we shall begin by examining the qualities of the *human milk*.

The milk of women differs in some respects from that of most other animals. It is light, thin, and at the same time highly nutritious; containing a greater proportion of the saccharine or sugary principle than that of other creatures. From its small quantity of curd, it is also more easily digested, it being this part chiefly which contributes to the indigestibility of milk. Human milk, however, is liable to spoil sooner than most others, and this may account in part for frequency of bowel-complaints in sucking children, and also for the effects which a change of milk often produces.

Human milk, of a proper quality, should be neither too thick nor too thin, but in that inter-

mediate state which will stain the nail when dropped upon it. If it shew this consistence, it may then be considered as fit for the child. This, and the appearance of the breast, are the sole evidence by which we can proceed in directing the choice of a nurse. The other circumstances respecting her, to wit, state of health, diseases to which she has been subject, her temper, habits, &c. can only be learned by a more minute enquiry.

Whenever, therefore, any other milk is to be substituted, that which approaches the nearest in its proportion of saccharine principle is to be preferred; and the milk of different animals has been, therefore, arranged in the following proportions. Next to woman's, ass's milk contains the greatest quantity of saccharine matter; then mares' milk; then cow's milk; then sheep and goat's milk. Hence the milk which, in this respect, approaches nearest to the human is to be considered as the most proper substitution for the nourishment of the child. But as that cannot always be had, cow's milk, with a proportion of light veal-broth, sweetened with sugar, will come very near the milk of the mother.

As milk, then, forms the material food of children, it is clear that no other should be substituted in its place, till Nature actually seems to require it, and to point out the necessity for a change. The first inclination shewn by the child, after birth,

is for that food ; and in this it should be gratified, whether the approach of the milk have taken place or not. By the attempt, the fluid will be drawn to the breast of the mother, and this organ will not become unduly distended before the child is able to unload it. This generally happens within twenty-four hours after delivery ; and by that early opening of the breast, the danger of *milk-fever* is entirely prevented.

Before this it has been common to give the child some mild opening medicine to clear the bowels,--a practice the propriety of which has much been questioned by some physicians, as the first milk of the parent generally possesses this laxative quality of itself ; nor is the use of cordials at this time, as commonly given by nurses, less objectionable. They only heat, and produce fever, under the fallacious idea of contributing to support the strength of the child. Nothing but substances of the most bland, diluent nature, such as a little gruel, pap and water, milk and sugar, &c. should be given at this period ; and as soon as the milk comes in any quantity, every thing should be laid aside.

Milk being the proper diet of the child, nothing else should be added to this food till the third or fourth month at soonest. An addition may then be made of a little gruel or barley-water, mixed with milk ; and, if the child be subject to

bowel-complaints, a little hartshorn-jelly may be mixed with the milk, in the place of barley-water. But in this substitution of other food, all great and sudden transitions are to be avoided. No animal food whatever should be given to children, till the appearance of teeth indicate this change to be necessary. Where left to choice, it should never be till after weaning.

The approach of the teeth forms a critical period in the life of children. The irritation occasioned by this on the gum, gives them an inclination to chew whatever comes within their reach, and of all things the most proper to offer for this purpose, is bread, which will both mix with the saliva, or spittle, and dissolve in the stomach, thus affording a good additional nourishment. Bread therefore is the best addition that can be made to the food, during all the time of nursing; and it may be prepared in several ways. After weaning, animal food is then gradually to be permitted; but mixed at the same time with vegetable matter, so that acidities of the bowels may be guarded against, on the one hand, and the inducement of heat and fever, on the other.

In preparing the food of children, the use of much sugar should be avoided: it is not only hurtful of itself, but it also entices them to eat more than is proper for their health. Not that we

would wish to restrict children too much in the quantity of food to be given, for it is clear they may be hurt by too little, as well as by too much. While a child has the breast, there is no danger of this, as there is always a certain supply from the mother to trust to, and Nature then directs the child in its calls for food, better than at an after-period, when it is more guided by the palate, and the relish the food possesses. Hence the danger of giving a child too much; for, when once the habit is established, it unavoidably goes on, and the practice continues without intermission. When a child is once weaned it should be fed four or five times a day in small quantities at a time, and by this neither the stomach will come to be overloaded, nor digestion impeded. Though animal food be permitted after weaning, it should be only once a day, and that at dinner; nor should any indulgence make it take place oftener.

Strong liquors of all kinds should be equally avoided as too much animal food, in the diet of children. They lay the foundation of inflammatory diseases, and are in every respect improper at this early period of life. The same practice which we have reprobated of giving children food to excess, will apply still more strongly to this beverage, namely producing, prematurely, a bad habit.

Weaning.

THE proper period for weaning is, according to the state of health of the child and mother or nurse, from seven to twelve months from the time of delivery. When this is to take place, the child should, if possible, be in good health, especially with regard to the state of its bowels. Any preparation for this is unnecessary, if the child have been at all accustomed to take food by the hand; and even where this is not the case, children weaned under such circumstances do equally well as others. When the weaning has once begun, the diet should be chiefly of a vegetable kind, as milk and puddings; and very little meat, except in the form of broths, allowed. No drink should be given during the night-time, a practice attended with much inconvenience to the mother, and no less injury to the child. Giving drinks for a few nights only produces the pain and trouble of another weaning;

and, by continuing it, a habit will be acquired of the worst consequences ; for rickety symptoms are often induced by this very cause. The last office of the nurse at night should be to feed the child before going to rest, and on this meal it will lie easy and satisfied for several hours.

Continuation of Food.

AFTER weaning, the diet of children deserves, perhaps, more attention than before that period. The child has hitherto been accustomed to a mild, bland nourishment, such as milk is, fitted by Nature to pass the more readily into the child without preparation. Any occasional supply of other food it does not then so much depend upon, nor is it given in such quantity as to occasion much trouble to the stomach or bowels in its digestion; but after weaning, a considerable change takes place. This bland fluid, on which the child has hitherto depended, is entirely withdrawn, and it is necessary now, that the organs of the child be able to convert into nourishment such a quantity of foreign matter as may contribute to the support and health of its body.

At first the organs of the child find some difficulty in doing this, and complaints of the stomach and bowels are apt to arise, known by the name

of the *weaning illness*. To prevent and palliate these, much depends on the nurse's management. The great point is, not to give too large a proportion of animal food at first, and at the same time to guard against any bad consequences arising from the use of vegetable diet to excess. The milk that children use after weaning should be mixed with a proportion of veal-broth or animal jelly, sweetened to the palate, so as it may resemble as nearly as possible, in its properties, the natural milk to which they have been accustomed. Of the vegetable matter, French bread is reckoned the most preferable, as being easily boiled down into jelly for pap.

As the child grows older, additions may then be made to this diet, in the form of light puddings made of bread, semolina, tapioca, rice, or sâlor, boiled in milk; or, what is still more nutritious, the India arrow-root-powder, which contains a much greater proportion of mucilage than any other substance. Indeed this production forms one of the mildest and most useful kinds of nourishment which can be introduced for the use of the child as well as of the mother, in the various situations of child-birth, and the diseases attending it, which may require a simple, and, at the same time, nutritious regimen.

Till the teeth appear it is improper that animal food should be allowed in any other form than

that of a light soup of broth. After that period, a small quantity may be given, minutely minced down; but this must only take place by degrees, and the great error is, in introducing too early this sort of diet with children. Though a liquid diet be certainly at all times the most proper for children, it may be carried too far, and one consequence of this will be, to give a disposition to the enlargement of the belly, and also the joints, so as to lay the foundation of the disease termed the *rickets*. Once a day, therefore in the way of dinner, light and digestable meat, with proper vegetables, may be allowed; and this may be alternated with broths, puddings, blancmange, custards, or other preparations of milk, including those already noticed.

Occasionally, in addition to this diet, a little wine may be allowed; but this will depend on the constitution of the child, and whether the digestive organs require stimulus. It has, indeed, been observed, that children accustomed to this addition are less liable than others to *worms*, and also to shew a disposition to the *rickets*. The same observation is made in the warmer climates, where the use of a little rum, instead of wine, is a common practice with children, and prevents that relaxation of the bowels so inductive of these diseases.

It is necessary to mention these circumstances,

as it is by no means proper, at this period of life, to keep children too low; and though it would be an error highly culpable to allow animal food, or stimulants, to any excess, yet a due proportion will always be found to promote the health and favour the evolution or growth of the body.

With respect to the times of feeding children the calls of Nature will most properly regulate this. Children take little at a time, and therefore require to be frequently fed, while the diet is of a liquid kind. As soon as it becomes of a thicker consistence, this frequency of feeding may be lessened, and the child brought by degrees to regular set meals.

But besides the diet for children in health, the alteration of it necessary under disease requires here some attention.

If a child be attacked by fever, little food will then be necessary. The powers of digestion are a good deal suspended, and the chief thing required is plenty of drinks, made somewhat nourishing, such as barley-water, thin tapioca, rice, or arrow-root-water, drink made of hartshorn shavings with a little baked flour, &c. according to circumstances and the state of the bowels.

No complaints are so apt to affect children as acidities of the first passages. Where this is the case, the diet requires much attention, and nothing answers so well as good beef-broth, thick-

ened with baked flour, instead of bread. Along with this acidity there is generally a degree of flatulence conjoined, which occasions much uneasiness to the child, and causes it to have even a reluctance to food. When children, then, are thus troubled with wind, it cannot be wrong to mix some carminative seeds, or the simple waters distilled from them, occasionally with their food; such as sweet fennel and cardamom seeds, very finely bruised, or what is preferable to either, dill-water. But such practices, though occasionally beneficial, should never be long persisted in at a time, as the stomach becomes then accustomed to them, and they lose their effect.

As the digestive powers of the child strengthen, these symptoms become less frequent, or disappear. In some cases, however, they are known to continue obstinate; and then in preference to the former remedies, a little powder of camomile flowers, or a few drops of columbo-tincture warmed, with a little ginger, will brace the stomach and bowels, and remove the disposition to acidity. The occasional use of absorbents and alcalis will form a useful addition to these remedies; as the prepared oyster-shell powder, almond-soap, or common salt.

These strict limitations of diet are particularly necessary during the first two or three years of childrens' life, as it is then they are chiefly apt to

be hurt by the indulgences of the parent. Thus it is a common practice, in order to gratify the taste of the child, that the food should be sweetened to excess. By this it is tempted to take more food at a time than is necessary, and the stomach becomes gorged in consequence. In the same manner parents are apt to indulge children in those articles of food which they are fond of themselves. This particularly applies to the giving high-seasoned or rich meat, for which the stomachs of children are utterly unfit, and which is one of those introductions of luxury that militates so much against the health and strength of modern life.

In the same way is to be reprobated the practice of indulging children in the use of strong liquors. The idea of strengthening their constitution is ridiculous. By such stimulant diet the growth is prematurely accelerated, and in the same manner an early decay, particularly if attacked by disease, will be the necessary consequence. Malt liquors in particular, of any strength, are to be reprobated, as they are too viscid and heavy for the organs of children to digest; and they contain, also, ingredients of a very deleterious nature, which are too often hurtful to the constitutions of the adult. In short, the drink of children, and that till at least the age of seven, should be confined to water, or milk and water, in the different ways of

preparing these; and the only addition which should be allowed in case of a weakness of the stomach and bowels is a little port wine, as already remarked.

In London, and other great towns, among the lower and middle classes, a most pernicious custom prevails, of habituating children from a very early period, not only to swallow large draughts of porter or ale, twice or thrice a day, but to drink the most noxious of ardent spirits. When to this is added the injudicious diet of children of the same description, their want of pure air, wholesome exercise, and necessary cleanliness, we cannot be surprised that *the mortality of children in London is at least double that in the country*. Women in the classes alluded to are sufficiently ready to imitate ladies in high life, in their dress and other particulars of external show. It would be well should they also take an example from them, as far as circumstances permit, in the material object of treating and educating their offspring. They would find that females of the highest rank, enjoying every luxury, wisely restrict their children in the important particulars of diet and regimen; that they never overload their stomachs with improper or heavy food; never suffer them to indulge in liquors injurious to their time of life, while they encourage them at all times to enjoy exercise, at once healthful to the body, and bene-

ficial to the mind. Besides the exercises of amusement here alluded to, girls would be well employed, from a very early period, in stirring about the house, and assisting their mothers in many of the details of housewifery to which they are competent, and which would be of essential benefit to them at a future period of life.

The next practice to reprobate is the use of fruit. Most of the fruits of this country are brought to market in an unripe state, and abound, therefore, with acidity, which is so much to be guarded against in the diet of children, and which their organs are naturally disposed at this time to generate. Children at the same time have a strong partiality for fruit, and it requires all the attention of the parent to resist this propensity of the child, if within its power.

Where fruit can be had, really good and ripe, a moderate indulgence in it will do no harm, but on the contrary, is highly beneficial in all stages of life.

Similar objections might be here made to the use of butter, of which children in general are very fond, and are led to relish, from the example of their parents. The excess to which butter is used in this country, disposes, certainly, to many diseases. It was jocularly alledged by the Marquis *d'Argens*, that an Englishman has a thousand religions, yet he has but one sauce; whereas, in

France, there is only one religion and a thousand sauces; and the learned and benevolent Dr. *Armstrong* used to observe, that in England, *Butter* formed a *fifth element*.

As this substance has a constant tendency to become rancid, it is particularly unfit for the stomachs of children, where its rancidity will be accelerated by the acid constantly present. It is besides hurtful to digestion, by relaxing the stomach and impeding its action.

Bread and butter, therefore, should be but sparingly given to children, though it is allowed too often to constitute a great part of their diet. The same may be said, in a still stronger degree, as to indulging them in the rich sauces of which butter forms the basis; and above all, every description of pastry, where it is wrapt up in the most indigestible form. This we particularly dwell on, from its being such a favorite practice with the fond mother, from whose own taste and partiality for this species of luxury, it is naturally transferred as a mark of kindness to the child; and the palpable relish of this unhealthful superfluity leads the young into a perpetual desire of its indulgence.

Clothing of Children.

IN the clothing of children, warmth and simplicity are the two points to be studied. The great and natural use of clothes is for the purpose of warmth, and the looser and softer the substance is by which this warmth is communicated, the better. But, amongst other refinements, that of giving neatness to the attire of children has been one productive of very great evils. To brace and dress an infant forms a particular business, and thus the real intention of clothing has been lost sight of. Besides their tightness, children are also often hurt by their quantity. After birth, a child is somewhat in a sort of feverish state during the first days. It should, therefore, be kept cool, instead of being laid close to the mother, who is commonly in the same state, and not unfrequently both are fed with heating cordials, which adds to their uneasiness.

Most of the deformities of children are occasioned by improprieties in their dress. An attempt to give neatness to the form occasions pressure to be used; and where a part is weak, and the pres-

sure not so great on the neighbouring parts, it will naturally yield to the impulse, and deformity ensue. In this respect, stays are to be reprobated more than any other part of dress. But without entering into any criticism on the particular parts of dress, all that is required, is to keep the child warm, and make it sit easy on every part.

Before any dress be applied, it is common to bathe the child. This is necessary both in the way of cleanliness, and to free its body from that lubricating matter which adheres to it in the course of the birth. A solution of soap and water is the best application for this purpose. It should be of a moderate temperature ; but no attempts should be made, while washing the child, to clear it of any of the viscid matter, which often adheres tenaciously to the skin, and serves as a protection and covering to it for a few days, till the surface become completely dry and sound. Rubbing, therefore, only tends to fret the tender texture, and often to produce sores and ulceration. Cleanliness, however, is strictly to be attended to, and nothing will promote so much the health of children as a strict observance of it, from the earliest period of infancy. Thus the perspiration is promoted, and the superfluous humours of the body are carried off, which might produce disease by their stagnation.

Air and Exercise.

THE situation of children requires at first air of a moderate temperature, and they may be gradually inured to a colder atmosphere, without any danger to their health. Too much warmth is equally prejudicial as the opposite extreme, and the more to be dreaded, as every time they are brought to the open air it exposes them to the danger of cold. But it is not merely a cold air that is to be avoided, it is where the air is confined, and at the same time loaded with moisture. A confined damp air is the cause of many of the diseases by which children are afflicted; and to this state of the atmosphere the children of the poorer sort are particularly exposed. Too much caution cannot be used by parents in superintending this part of the treatment of their offspring. When sent abroad, under the care of servants, they are often kept too long exposed to the inclemencies of the weather, and frequently allowed to sit or lie on the damp ground; or they are kept carelessly in the arms

of a servant exposed to a current of air, the consequence of which, when brought from the confinement of a warm room, must strike every one. To avoid the danger of cold, then, much attention should be paid to the dress, and not to allow the period of their exposure to be too long at a time. They should, however, be carried out at least once a day, when the weather permits, and that generally about mid-day, and if possible, into the fields.

The same caution that is necessary in carrying them out should be applied to the conduct within doors. The nursery should be the largest and best aired room in the house. When children sleep in a cradle, they should not be wrapped too closely up, particularly as they are usually laid in with their cloths on. Neither when they are farther grown should more than one child sleep in the same bed. In short, the proper regulation is, to keep the child as much as possible in one pure equal atmosphere, avoiding every thing that is damp and unwholesome; and, if this equality of atmosphere cannot be preserved in this climate, taking care, at least, that the transitions from heat to cold be not made too suddenly; and by this attention all the evils arising from this source would be avoided.

Exercise is natural to man, and the desire of it is coeval with existence; nay, may be said to

precedes it; for the motions of the child in the womb shew that it is with difficulty retained in a passive state. Infants, therefore, ought never to be at rest but when asleep, and this motion is of the first importance, as it will make up for several defects in nursing, and is absolutely necessary for the health, strength, and growth of children.

The first exercise that children receive, is dandling in the arm, or raising them up and down, which tends much to assist digestion. Rubbing with the hand is equally useful at this period of life, particularly along the back-bone, which occasions the child to stretch itself, and to shew different signs of muscular exertion, expressive of the satisfaction it receives.

As children increase in growth, their exercise should be proportionably augmented, and the nurse should endeavor to give them as much motion in her arm as possible. A proper nurse knows the method of doing this, and it requires no specific directions.

As soon as a child is able to be put on its feet, it should be allowed to make use of them. Every member acquires strength in proportion as it is exercised; and children, by being accustomed to support themselves, will soon acquire strength for the purpose. Children, also, begin to use their feet by degrees, and by this gradual attempt, all the dangers hinted at by writers, of their legs be-

coming crooked, or unable to support the body, are avoided.

Among the poorer class, it is very common to allow children to sit or lie in one posture for a length of time. This is a practice much to be condemned. By the want of exercise, the health of children suffers; a relaxation of the system ensues, and rickets and other diseases are induced. The constitution of man evidently shews him at all times designed for exercise; and the regular circulation of the fluids cannot proceed without its assistance. Arguments, indeed, may be drawn from the structure of every part of the animal economy of man; and, where exercise is neglected, none of the animal functions can be duly executed, and the constitution in general must therefore soon go to decay.

The early and rigorous confinement of children at school, merits here to be particularly reprobated. To prevent trouble to the parent, the child is sent to school, perhaps for seven or eight hours on a stretch, at a period of life when it can learn little or nothing, and when its time would be more properly spent in exercise or diversion. Nor does the mind suffer less from this evil than the body. Fixing it to one object so prematurely, not only weakens the faculties, but is apt to produce an aversion on the part of the child to study at that time of life when it would be useful. Even the

immuring such a number of children in a confined room, by vitiating the atmosphere, and corrupting the air, must lay the seeds of disease, and not unfrequently occasion infection. If sent early to school, the hours should not be extended long, and they should be alternated with proper diversions and exercises suited to the period of life.

The only argument in favour of an early education is the advantage of youths early entrance into the world; and being able to do for themselves. That this may be proper, in one respect, we shall readily admit; but if the constitution is to be ruined at an early period, twice as much will be lost as gained by this temporary advantage. The evidence of this is strongly confirmed by what we every day observe in the manufacturing towns, where life is seldom protracted beyond middle age, and little enjoyed, from the weak sickly constitution entailed on its possessor by this early industry.

Even exercise within doors is not sufficient to effect the good purposes derived from it in the open air, particularly in a country situation, where the various exhalations of the surrounding scene add to the salubrity of the employment. Children, instead of being checked in regard of wholesome play, should be at all times encouraged in it. This advice is particularly necessary in regard to girls, who are, in general, too much confined by

their injudicious mothers, and thus are not only weak and debilitated in their general habit, but acquire most of those diseases peculiar to the sex. No injury can take place from suffering them to run about, without unnecessary restraint. Dancing, if not carried to excess, is of excellent service to young persons. It cheers the spirits, promotes perspiration, strengthens the limbs, and at the same time gives a much better grace to the person, than having them stuck up constantly at needle-work, or in learning the various accomplishments that constitute modern female educations, which, however, would by no means be impeded by giving scope to exercise.

A popular writer well observes, that "an effeminate education will infallibly spoil the best constitution, and if boys are brought up in a more delicate manner than even girls *ought to be*, they will never be men." The same author, with great justice, applauds the practice, of late introduced, of teaching boys the military exercise, as not only an admirable means of strengthening their body and limbs, but inspiring them with early ideas of courage, and educating them so that they may, at a future period, be ready and able to defend their country in case of emergency.

Along with exercise, the use of the cold bath forms an excellent addition, and even a substitute for it; and if the salt water-bath can be had it is

certainly preferable. By this the body is braced and strengthened, the general circulation increased, and all stagnation of the smaller vessels prevented. The commencement of this practice, early, will be the means of preventing the appearance of many constitutional diseases. It cannot be too much inculcated, and has been in use from time immemorial with those nations who have been most distinguished for the enjoyment of health and vigour of constitution. No prejudices, therefore, of the mother or nurse, should prevent the use of this salutary remedy ; and even where not used to the full extent, still the extremities should be every day bathed in cold water, and afterwards well dried, and the skin rubbed down. In this view, boys, instead of being prevented by their fond mothers, should, on every account, be encouraged to learn and practice the salubrious and useful exercise of swimming.

Sleep and Watching.

SLEEP is equally necessary to the health as the subject of exercise now considered. Children require more sleep than adults; and sleep is not so much to be measured by time as by the refreshment it produces. Healthy infants sleep a great deal for the first three or four days after they are born, and that probably from the passive state to which they have been so long accustomed. It is proper, therefore, to break them of this disposition, in order that they may sleep properly at night, a circumstance still more necessary to the mother than the child, especially if she suckle, as she is apt to be disturbed at a time when refreshment is so much wanted. All children, therefore, who sleep badly at night, should be as much exercised as possible in the day. They will thus be brought to contract a habit of keeping awake when it is light, and the inconvenience will be avoided, of putting them to sleep in the day-time, loaded with clothes, and with the farther disadvantage of rocking in a cradle.

No proper rule can be given for the exact portion of sleep which children require; too little will be equally hurtful as too much. The use of a cradle has been condemned by many writers. That children accustomed to it cannot sleep without this sort of motion must be admitted; on the other hand it has been alleged that this motion is somewhat similar to what they enjoy before birth, by swimming in a fluid. Truth, however, lies not in the extremes. Where a child is healthy, a cradle is perhaps unnecessary; where it is otherwise, if employed, the motion should be only of the gentlest kind. In that case it will do no harm, and render the task of nursing easier; but where violent rocking is employed, it is very improper, and militates entirely against the use of this machine.

It will be here, perhaps, proper to observe, that, however restless a child is, it should never be lulled to sleep by those opiate cordials which nurses are so fond of employing. Nurses who deal in such anodynes are always to be suspected as neglectful of their duty. A dose of opiate medicine, they conceive will make up for every defect, and by this error, an inconceivable proportion of the annual mortality of children in great towns is occasioned.

Of Retention and Excretion.

As a due proportion between the supplies and the various discharges of the body is so necessary to health, it requires particular attention in the state of infancy. The excretions of infants, however, are chiefly from the bowels and bladder; and of the latter, retention of urine frequently occurs at the birth. Where this happens, it is usually removed by applying a bladder of hot water to the belly, and gently rubbing with a mixture of warm brandy, or oil of juniper and oil of almonds, and throwing up a clyster. Should these remedies fail, the child may then be immersed to the breast in a vessel of warm water, and some mild diuretic be given it, as a table-spoonful of marsh-mallow or wild-carrot tea, with the addition of a drop or two of nitrous ether, and then sweetened. This practice will generally have the desired effect, in a course of a few hours, unless there prevail some mal-conformation of the part; and before this be ascertained, in order to make a farther trial, a cataplasm, composed of parsley, mallow-roots, cress-

ses, and juniper-berries, with a few roots of garlic, may be boiled up together to a proper consistence, and applied as a poultice to the *sharebone*. The sudden application of cold to the lower part of the belly has also, at times, succeeded; and where these remedies have failed, a clyster, with four or five drops of laudanum, has been successful.

The next excretion which requires attention is that by the bowels. Children are rarely healthy for any length of time, who have not daily two or three stools, and though they even exceed this, no inconvenience will arise, when the child is brought up by the breast. The stool should come away without griping, and should be of a loose yellow colour, free from lumps or curdy matter, and possess no strong smell. As the child advances, or from the time of a year old, it should regularly have one stool a day, and it should be every morning brought into the habit of being placed on a convenience for that purpose.

When children, again, are brought up by the hand, their bowels are generally in a relaxed state, and precaution is necessary to avoid with them the opposite extreme. This state of the bowels deserves to be treated as a disease, and will fall properly to be considered as such.

Passions of Children.

THOUGH the passions have a material influence on the state of health, and have been justly termed the gales of life, yet they do not apply particularly in their effects to the state of infancy. The principal passions in which children indulge are laughing and crying. The former, if very violent or long continued, will be apt to produce hiccup, and has been known, at times, to throw a child into fits. The latter is equally hurtful; and, in the same manner, when violent, has been also known to produce fits, and even to occasion, by the exertion, the attack of a rupture. The excess, therefore, of these passions should be strictly guarded against with children. Crying, however, it is not possible to avoid to a certain degree, as it is the only mode by which they can express their wants. Nature, even, perhaps intended it should be of use. Many diseases have been occasionally recovered from by an effort of this kind, by its producing a free circulation through the lungs. It may be said, indeed, to be the first exercise which children can receive, and by stopping it impro-

perly, and by foolish indulgences, more mischief is done than by allowing it to proceed when not immoderate. At the same time the feeling conveyed, by the crying of a child, would appear to be that of pain. The sound is querulous, and it is accompanied also by tears. In this view it claims the particular care of the attendant, and should never be allowed too far, so as to produce injury.

But children are very often subject to starts, or violent expressions of temper, which might be carefully, and judiciously, repressed. As the feelings of a child are acute, so they are expressed in the most rapid and violent manner. The indulgence of this should be most strictly guarded against by the nurse; not merely from the immediate danger it produces to the health of the child, but from laying the foundation of a troublesome, irritable disposition for life: on this account, also, the temper of the nurse is of the first importance. The indulgence of passion, with her, not only affects the secretion of the milk, and thus injures the child, but affects it also in a manner we cannot account for, through the influence of its nervous system, and communicates often her ill-humour to the infant.

DISEASES OF CHILDREN.

AFTER these general observations on the treatment of infancy, in what regards the leading articles of food, clothing, air and exercise, sleep and watching, retention and excretion, and, lastly, the passions, we are prepared for entering on the consideration of their actual diseases; the sources of which we have already mentioned to be either, the state of the stomach and bowels, the consequence of the irritation of teething, or specific contagion. Without, therefore, any particular arrangement, we shall treat them in the order in which they are most liable to occur.

Fainting.

As the process of birth is often attended with difficulty and danger to the child, so, at times, it comes into the world in the most feeble and uncertain state, with little appearance of animation but what is drawn from the feel of the *navel-string*, which possesses some degree of pulsation. When this state is recovered from, there is generally no

relapse. But besides this imperfect species of existence, the real *syncope* or *fainting*, similar in adults, is met with at times. Such children lie for hours, moaning and languid; their features pale, without any sensible appearance of respiration, for ten minutes or a quarter of an hour at a time, except an occasional gasp or throb. This attack may also repeatedly recur.

The only remedies, here, are gentle stimulants and cordials. The nostrils and temples, as well as the hands and feet, may be rubbed with a little volatile salt, and as soon as swallowing is practicable, a little wine may be administered, containing a few drops of volatile tincture of valerian. These remedies may be repeated every two or three hours till recovery take place; after which, stools should be obtained by means of a clyster, or a tea-spoonful of castor oil.

Retention of Meconium.

THE first contents of the bowels of children consists of a black pitchy matter, highly tenacious, known by the name of *Meconium*, which passes, for the two or three first days, and if retained proves generally the source of the child's first complaints. This substance, it is clear, whatever purpose it may serve previously to its birth, is no

longer useful when the child is born, and should be discharged as soon as possible; to which, from its own irritating nature, there is constantly a tendency. But, in certain cases, from the torpor of the bowels, or its uncommon viscid, or clammy, state, this is delayed; and then it proves, by its irritation, the source of much pain, griping, and uneasiness, rendering the child, in the highest degree, fretful and inclined to cry. If the first milk, therefore, do not prove laxative, and occasions its discharge, a tea-spoonful of castor oil should be given once, or oftener, till the whole be discharged, and the symptoms of uneasiness it produces entirely cease.

It has been common, indeed, at birth, whether it be discharged or not, to administer a gentle laxative for this purpose; nor can there be any objection to that practice, however reprobated by some popular physicians. A little syrup of roses will generally be sufficient; or, in the country, a little fresh whey and honey. Should a stronger laxative be required, then the castor oil recommended, or a watery infusion of rhubarb, cannot fail to answer the effect. But should they be slow in producing the ease and freedom from pain, for which they are intended, and no stools have been procured for twelve or fourteen hours, after birth, a clyster may be thrown up, and repeated at the distance of a few hours, which will answer every purpose, and

the discharge once begun, and the bowels brought into action, the meconium will gradually pass off, for several days, without any farther trouble.

Jaundice.

JAUNDICE is a disease to which infants, at birth, are very subject, and may be said to take place always to a certain degree. It is easily known by the tinge of the skin, and more particularly the appearance of the eye. The nails, however, are not here tinged, as with adults; but the yellowness of the complexion gradually increases as in other cases.

This disorder is evidently the effect of a viscid matter obstructing the gall-ducts; in order to remove which, a gentle emetic is required. That generally preferred is the tartarised wine of antimony, in the dose of a single drop or two; and it has the advantage of also passing downwards. In giving vomits, however, at this period, there is often much danger, and instead of the tartarised antimony, which is rather uncertain in its operation, three or four grains of ipecacuanha will be safer, which will be followed the next day with the same quantity of rhubarb. Where the symptoms do not seem to yield, the same plan should be continued every other day, till the yellowness

begin to disappear, which it generally does in ten or twelve days. In this complaint the mere opening the bowels does not seem entirely sufficient to remove the colour of the skin. Even at times, along with the former treatment, some addition of saponaceous or soapy medicines becomes necessary, as two or three drops of prepared kali; while to assist its operation, both the warm bath, and friction of the stomach may be conjoined.

On this subject it may be farther observed, that no tinge is communicated to the child from the mother, though she have been afflicted with the disease during pregnancy; but, at the same time if it continue with her after delivery, and she suckle her child, the true jaundice will be communicated to the infant, and the infection continue till it be either weaned or the mother recover.

Erysipelas; or, St. Anthony's Fire.

THIS is a disease very apt to attack children, particularly when born in hospitals. It generally commences a few days after birth. The skin turns of a purplish hue, and becomes soon considerably hardened. Its attack is instantaneous, its progress is very rapid, and it equally seizes the robust, the delicate, and irritable. In its mildest form, its seat is often on the fingers and hands; on the feet

and ancles, and sometimes on or near the joints, where matter soon forms. In its more violent attack, it commonly appears about the *share-bone*, extending up on the belly, and down the thighs and legs. Occasionally it begins in the neck, and is equally dangerous. Indeed its fatality is principally to be judged of, from the part it occupies, as it is least hazardous, when confined to the extremities.

The swelling attending this complaint is but moderate; the parts harden and turn purple, livid, and even pass into mortification; particularly where the genital parts, either of boys or girls, are affected.

The most proper remedies are the internal use of the bark, with aromatics; and the application of compresses to the parts affected, wrung out of camphor and spirit. Though this practice be often successful, it is to be lamented that too many children fall victims to the disease, and sink under its violence in a few days, from the discharge it occasions. Where recovery takes place, a slough soon spreads to two or three inches in length, and as this decays, recovery succeeds.

Snuffles.

THIS term is given to a disease, which generally affects children, within the first month and most

commonly in the first or second week, on account of the noise made in respiration. The discharge is much more abundant than that which attends a common cold. It is, from the first, purulent and thick; and afterwards turns thin. Children afflicted with this malady are always of a weakly, unhealthy, habit; and though having apparently no particular complaint, they seem incommoded from a stoppage of the head, which is particularly perceptible in sleep, when their breathing is difficult. Its duration extends to several weeks, and when it departs it is usually succeeded by a disorder of the bowels and other complaints.

Its violence varies in different instances; but in all cases it requires, in its treatment, a particular attention to the nurse's diet. The chief symptom that gives uneasiness here, is the difficulty of breathing through the nose, which requires the child to be watched when asleep, in order to prevent the danger of suffocation. A purple streak is observable on the verge of the eye-lids, as an attendant on this disorder, with a general fulness, externally, about the throat and neck. After a few days the child turns pale and languid, the glands of the throat swell, and become of a dark red colour, and specks and ulcerations upon them quickly appear; a catch in the respiration takes place which renders the child unable to suck. It swallows with difficulty, and gradually declines in

strength. The termination of the disease is uncertain ; but, if not cured, the child generally dies in convulsions, or with marks of extreme debility.

This malady seems generally to arise from an inflammation of the membrane, that lines the posterior nostrils and throat. By this inflammation extending, every part comes to be affected, even to the stomach and bowels, and hence the great and increasing debility it quickly occasions. The stools are thick and pasty, of a peculiar green or blue colour, and, if ever voided of a yellow hue, a change soon takes place.

This state of the bowels, then, forms a leading indication in the cure ; and to keep them clear, and carry off the vitiated matter which they contain, is the principal means of treatment. With this view four or five stools should be daily procured ; and, for that purpose, one or more teaspoons-full of castor oil given. Cordials may be occasionally interposed, to support the strength of the child ; but in this complaint they are not often required, as purging here debilitates less than in most other instances. Where convulsions occur, clysters will be then proper, and such cordials and carminative, or wind-dispelling medicines, as will give tone to the bowels, and remove the pressure of wind with which the stomach is generally loaded. Opium, or the syrup of poppies, have also been attended here with the best effects, and

should be administered twice in the twenty-four hours. By a treatment of this kind, the disease will generally yield, in the course of two or three weeks, though it be often protracted to double that time. Local applications have likewise been had recourse to, as bathing the nose with camomile or elder-flower tea, and afterwards applying some aromatic liniment. When the child is much reduced by a continuance of the complaint, and turns pallid and feeble, cordial medicines are then requisite; and an infusion of oak-bark, will often give such vigour to the constitution as to remove the remains of the malady in a few days.

Though the period of the attack of the snuffles has been limited to the first month, some rare instances have occurred at a later time, not exceeding the first quarter.

Inward Fits.

THIS is a disease to which popular prejudice has attached much importance, and few children die, where the cause has not been properly investigated, which has not been referred by the good women to this head. It may arise at any period of infancy; but in proportion to its early appearance, it is reckoned dangerous.

The only symptom is the child's mouth, in sleep,

being drawn into a sort of smile ; except slight convulsions, shewing that an irritation of some kind affects the nervous system ; in which case it belongs to a different head. Inward fits are the name given, in common language, to a malady in which the child dies suddenly, without any manifest convulsion, though over-feeding, or a spasm in the stomach, or sometimes of the heart and lungs, may be considered as the true cause.

In treating this complaint, therefore, we must be entirely guided by the cause from which it seems to arise. If it be produced by over-feeding, and loading the stomach, clearing the bowels is all that is necessary ; if from spasmodic irritation, then it is to be treated in the same manner as we shall afterwards have occasion to point out, under the head of convulsion. It is only necessary to observe, that where slight, and proceeding no farther than is described by nurses, little danger can arise from it ; and wherever it has proved fatal, it is entirely a different disease, and classed properly along with convulsions.

Costiveness and Flatulence.

THE state of the bowels we have already noticed as one of the chief sources of the diseases of children ; and the foundation of this generally

lies in costiveness. This, however, is with many children constitutional, and derived from the habit of the mother. Where this is the case, it ought not to be too much counteracted; and the only point is to prevent its being attended with hurtful consequences.

If a child, along with this costive habit, possess an irritable disposition, and be subject to fits, it may require every exertion to counteract this state, particularly if it be found, that by a different state of the bowels, such a disposition of the nervous system may be remedied; but where the child is in health, otherwise, and does not seem to suffer from any slowness of its bowels, then it would certainly be imprudent to solicit this discharge too often, or torment it with purging medicines. It is only, therefore, accidental costiveness, or that which produces morbid effects we are here to consider. And the general symptoms are the drawing up of the legs, and a certain querulous manner of crying, which those experienced well know, and can distinguish.

In order to relieve this, external warmth should be first applied to the stomach and bowels, by means of heated bran or camomile flowers, put into a soft flannel bag, in order to abate the pain, and assist the operation of a laxative, which is then to be administered as soon as possible. Rhubarb is often the best purgative, as it strengthens the bowels after its operation; and infants, in general,

are more liable to suffer from relaxation of the bowels than any other cause. But it often happens that more powerful remedies than rhubarb are required; and in such cases a proper dose of senna tea will prove effectual; though at the same time it is surprising what large doses of, even, strong purges have been given to children without any injury. But, wherever children are with difficulty brought to a motion, rather than hazard this, the use of clysters is a preferable practice. From three to twenty grains of aloes, dissolved in boiled milk, will rarely fail to answer the purpose, and procure two or three stools; and it will be the safest practice, in such costive cases, to alternate the clysters with gentle purges, so that the bowels may not be too much acted upon by either.

As soon as the costiveness is removed, to correct that acidity and flatulence which generally attends, a few grains of magnesia should be given, and along with that may be joined a little dill-water, or other safe carminative. By due perseverance in this course, the state of the bowels will be completely obviated, the uneasy symptoms no longer recur, and that disagreeable feeling of flatulence and acidity which is generally its attendant, be entirely corrected.

Watchfulness.

WANT of sleep is frequently an attendant of the preceding complaint, and in that case may be removed by opening the bowels and the use of carminatives, as already directed. It is often, however, a forerunner of Epylipsy, particularly when near the time of teething, and then obviating costiveness will form a leading indication here, by way of preventing the latter complaint.

It has been the common practice of nurses to remove this watchfulness of children by opiates. No practice can be more dangerous and hurtful than this, especially if costiveness prevail. The administering, therefore, *Godfrey's Cordial*, the favorite prescription of the nursery, is so very pernicious, that thousands of infants have been destroyed by this quack remedy.

Watchfulness may, however, arise from a number of causes, and these should be attentively enquired into before forming an opinion. If confined only to the night, it is probable the child sleeps too much in the day-time; and this is easily remedied, by keeping it awake, and moving it about so as to prevent it going to rest during the day.

Common or Mild Thrush.

FROM the same source of disorders in the first passages, arises the complaint we are now to consider, and which is often of a serious nature. That it arises from a disordered state of the first passages there can be no doubt, as it has been known to seize every infant in a family, wherever they were mismanaged, or a want of attention to them took place, from accidental causes; and soon as the proper attention was resumed, they immediately got well. It is evidently a disease of debility, connected with a predominant acidity, by the continuance of which the complaint is aggravated. It generally takes place in the first month, but may be entirely escaped under proper management.

This complaint first appears in the corners of the lips, spreading over the tongue and cheeks, in the form of little white specks. Increasing in number and size, they run more or less together, according to their malignancy, and compose a thin white crust, which spreads over the whole inside of the mouth, from the lips to the gullet, and has been known to extend to the stomach, and even the whole length of the bowels, producing a red-

ness at the fundament. When this crust falls off, it is succeeded by others, often of a darker colour; and the same thing successively recurs till the disease depart.

It is sometimes preceded by sleepiness for a week or two. It is commonly without fever, which only supervenes in its progress, in the same manner as hectic fever is produced in other cases, from the increasing debility of the system. Care should be taken that the child do not catch cold.

The chief source of this disease seems to be indigestion, from whatever cause it may be produced; and therefore bad milk, unwholesome food, or even weakness of the stomach itself, are sufficient to occasion it. These causes evidently give rise to acrimony, which particularly affects the small glands of the membrane lining the stomach and bowels. Hence, on the principle of weakness of these parts, a tea-spoonful of cold water, taken every morning, has been reckoned a useful preventive; which, joined with keeping the bowels duly open, will fully answer the intention.

The principle of cure in this disease is simple and plain. The state of the bowels is the cause; and this state is, at the same time, attended with a certain degree of acrimony. The first step, therefore, is to open the bowels, where costiveness prevails, by means of any of the laxatives enumerated in the former diseases. The antimonial

wine has been particularly preferred by some physicians; and then correcting the acrimony by means of any of the testacious or shell powders, the best of which is magnesia. Where the bowels are already in a loose state, instead of the above practice, as the child is generally weakly, two or three grains of the compound powder of contrayerva may be administered; and, as the disease declines, a little rhubarb will be a proper medicine to strengthen the bowels, and at the same time correct the acrimony. When the disorder is removed, the child's health will be restored by some tonic or strengthening remedies, as a tea-spoonfull of camomile tea, or a few drops of the compound tincture of gentian, well diluted. These medicines should be given two or three times a day, the bowels kept always open, and the testacious powder not entirely given up, but occasionally administered. Where the disease appears very malignant, instead of the bitters recommended, a decoction of the bark, with the aromatic confection will be preferable.

In the use of absorbents, or testacious powders, the dose cannot be precisely regulated, but must be increased or diminished according to the effects. Three or four grains may be given, three or four times in the day; and when these medicines are employed, the diet of the nurse should also claim

an attention, and her usual quantity of malt liquor be diminished.

Besides this general treatment of thrush, it has been also common to make applications to the part, in order to hasten the exfoliation, or scaling, of the surface. Such applications, however, are highly improper, on the first attack of the disease, or till nature shew an actual disposition or tendency to this separation. By beginning with such applications too early, they only increase the soreness of the surface, and by rendering it somewhat cleaner, give a deceitful appearance of amendment. It is proper, however, that the child's mouth should at all times be kept clean, particularly if much foulness prevail, and there be an appearance of thick sloughs. Of the several preparations that have been used for this purpose, borax has gained a decided preference; and it may be mixed up with sugar, in the proportion of one part to seven of the sugar. A small portion of this composition may be put on the child's tongue, which will dissolve and be conveyed to the other parts of the mouth; or it may be made up into a paste with honey, which is a better form. No violent rubbing of the parts affected should ever be allowed to take place; as it is both giving unnecessary pain to the child, and extending the duration of the disease, by producing a new growth of the same diseased spots on the surface.

Putrid Thrush.

THE thrush hitherto considered, is that which attacks the child very soon after birth ; but a different species comes now to be examined, which, from its nature and fatal tendency, has been termed the gangrenous, or putrid sort. Its attack is seldom made earlier than the age of two years, nor later than nine or ten, unless where infection has been received. The eruption here constitutes the essence of the disease, and is the cause, not the effect, of the fever by which it is attended.

The first appearances it displays are a spongy state of the gums, and an uncommon tenderness of the inside of the cheeks and mouth. These symptoms are succeeded by little ulcerations, which affect the gums, the inside of the lips and the tongue, with a dark-coloured substance ; and the same is occasionally seen at the back parts of the mouth. Slight swelling of the cheeks succeeds, which feel very tender when touched, and an unusual redness appears on the skin of the lower jaw.

The tongue and teeth are here much furred, and have often a blackish appearance ; the breath acquires an offensive taint, and the contagion is very strong, even to the attendants. Some of the

glands of the skin become also enlarged and painful, and the discharge of spittle, during the whole progress of the disease, is much increased. Even the angles of the mouth are at times ulcerated.

This disease is always attended with much and sensible debility; and though the spirits often do not seem to suffer, nor the sleep to be interrupted, yet the appetite is considerably impaired. The period of its duration is uncertain. Some children get the better of it in the course of a fortnight, while others suffer from its attack for the period of a month or six weeks. But with all the dangerous appearances the disease exhibits, it is not so fatal as might be supposed, and from its nature, the treatment is plain; and tonic or strengthening remedies are evidently pointed out.

A table-spoonful, or more, of the cascarilla infusion, with a small portion of the compound tincture of bark, may be given three or four times daily, and the putrid state of the parts may be obviated by the bark decoction, sharpened with a little vitriolic acid, and used as a wash. To this treatment the discharge generally yields, without much inconvenience or danger.

Eruptions of the Skin.

NUMEROUS are the cutaneous eruptions peculiar to infancy; and to discriminate them requires,

often, much attention, from the difference of their nature and treatment.

The most frequent period of cutaneous eruptions in children, is from birth till after teething; and during that time, though they differ so much in their appearance, progress, and extent, yet they seem all to depend on one cause, an acrimony, or vitiated state of the humours, arising from a predominant acid, and connected with the milk, the natural nourishment at this stage of life. Such eruptions, or rashes, however, it may be remarked, are most common where they repeatedly appear, and are troublesome, by changing the milk; these appearances will generally abate, and the health of the child be amended.

Red Gum.

THIS earliest of these eruptions is an efflorescence of small spots, confined to the face and neck; or in some cases extending to the hands and legs, and even the whole body, in the form of large patches. It sometimes appears in small pustules, filled with a limpid, purulent, or yellow liquor; and frequently it turns dry and horny, and scales off, without giving any farther trouble. Another appearance this eruption takes, is like small pin heads, of a pearl colour, and not transparent.

Whatever be the appearance of this eruption, it is evidently the effect of acrimony, which nature thus throws off from the constitution. Hence it requires little interference of medicine, or the assistance of art, and should be left principally to itself. All that is wanted is an attention to the state of the bowels, and to give a little testaceous powder, to absorb the predominant acid; while the child should be kept moderately warm, to favour the continuance of the eruption,

It may be observed here, that the state of the bowels and skin have a sympathetic connection, and the bowels, when disordered, are sensibly relieved by an appearance of eruption on the skin. Hence such eruptions should never be repelled, but rather encouraged, and even, if disappearing, should be invited to return.

Milk Blotches.

From the unpleasant appearance of this complaint, it has been a good deal noticed, and is said to be even a preventive of other disorders.

However thick and long-continued the scabs of this eruption be, no excoriation or fretting of the skin arises from them, nor is any scar left on the parts.

The first appearance of milk-blotches is com-

monly on the forehead, and the scalp, extending half-way over the face, in the form of large loose scabs. In the progress of the disorder, they much resemble the small-pox when blackened, and continue often to disfigure the child for several months. Before they assume their dark scabby form, they begin as white vesicles, with a watery discharge, and great itching of the affected parts.

In this complaint, very little need be done. Where the case, however, is very bad, an occasional drain by a blister between the shoulders, or behind the ears, will answer the good purpose of abating the irritation and itching. The same effect will attend washing the parts with warm beer and butter, where the discharge is very hot and acrid; and the tar-ointment has been employed with equal benefit in the same view.

The duration of the complaint is generally judged of from the state of the urine; and where this discharge is turbid or foetid, the disorder is seldom of long continuance. It generally ceases when the child has cut a few teeth; should it, however, be obstinate, of which there are a few rare examples, then the Harrowgate, or any other sulphurous water, natural or artificial, will have a good effect.

This eruption has sometimes been improperly mistaken for the venereal disease; but its disappearance of itself is a proof that it has no sort of connection with it.

Tooth-Rashes.

THE first of the tooth rashes we shall enumerate is not altogether peculiar to this period. It much resembles the itch, and is most frequent in its appearance about the face and neck, though not exclusively confined to them. It has often, from its appearance, been mistaken for the real itch; but it differs so far, that it is of a most salutary tendency, and even sometimes critical in its nature, as preventing, at this juncture, more serious effects to the child.

No particular treatment is here necessary, except merely avoiding cold.

The next rash, at this period, is one that greatly resembles flea-bites, having a depressed point in the middle of the elevated spot. This disorder, in some instances, recurs, uniformly, just before the appearance of a tooth, and when cut disappears. Here, in respect to treatment, the same observation applies as in the former.

A third species appears in the form of measles, and is often mistaken for them. Some degree of sickness generally precedes its appearance, but there is, at the same time, little or no fever. It

usually continues very florid for a few days, and when disappearing, does not dry off like the measles.

The treatment here is very simple. The testaceous powders may be employed, with the addition of a little nitre and compound powder of contrayerva; and as the disease declines, a little rhubarb, or other laxative, may be given for a day or two.

A fourth species of rash is one which, though appearing like the former, soon spreads into large spots, at first of a bright red, and afterwards of a darker hue, similar to the purple spots that appear in bad fevers, though this be entirely of a different nature. Some fever generally attends its appearance, followed often by small round lumps on the legs, which softening in a few days, seem as if inclining to suppurate, though this never takes place.

Like the former, the treatment is simple; and an attention to the state of the bowels, is the only direction to be given. Should the lumps not soon die away, then a decoction of the bark may be found useful.

The next species of teeth-rash somewhat resembles the rash of scarlet fever, and it is very rare. It is always preceded by sickness, fever, and a disordered state of the bowels; but these symptoms disappear so soon as the eruption is complete, which shews evidently its critical nature of preventing a train of worse maladies.

Indeed, such a variety appears in the tooth-rashes of children, that there would be no end of enumerating them, arising from differences of constitution and other circumstances with which we are unacquainted. But whenever an eruption appears at this period, the safest plan is to consider it as connected with the effort of teething. If our judgment of it be right, the complaint will decay so soon as the tooth or teeth become protruded; and if it should not, its nature will be easily ascertained. By attending to the state of the bowels, as already pointed out, all danger of such eruptions will be avoided to the child; and the less they are at all interfered with, but treated on the just ground of being an effort of the constitution to relieve itself of certain noxious matters, the more will the safety of the child be consulted. It is of consequence, therefore, in order to silence the clamours of the attendants on this head, to point out that no danger follows their appearance; that, on the contrary, the child is benefited by them; and that, in short, Nature should be allowed to finish her own work.

Nettle-Rash.

THIS is a disease which generally occurs to children under two years of age. In its appearance

it is always sudden, and is very troublesome. The child generally begins to scream before the cause of its illness be known, and on examining its body and limbs, an appearance is every where conspicuous, like the stinging of nettles, from which the disease has its name.

This complaint is generally preceded by a slight fever; some degree of sickness and pain in the head are also felt, particularly if the child has been exposed to cold.

The nettle-rash of children may be considered as a very simple disease, compared with that of adults. Its disappearance being often as sudden as its attack, it does not require that serious treatment necessary to more advanced age. When it seems obstinate, a few grains of the compound powders may be administered two or three times a day, with the addition of two or three drops of compound spirit of amonia. In the mean time, the state of the bowels will require proper attention.

But if the eruption be very general, and the weather somewhat cold, it may not be an improper precaution to confine the child a day or two to bed, so that there may be no danger of the rash being repelled.

Watery or Phlyctenous Eruption.

THIS eruption consists of blisters of different sizes, somewhat like scalds or burns, which continue out several days, and attend both bowel-complaints and teething. It seems of a beneficial nature. It is chiefly conspicuous on the belly, ribs, and thighs. The vesicle or bag contains a sharp acrid liquor, which, where the bag is large, should be discharged by the puncture of a needle.

Little is here necessary in the way of treatment. The state of the bowels will entirely regulate what is to be done. If the child be costive the laxatives already prescribed will answer every purpose, with the addition of the testaceous powders: and, if the belly be loose, and the infant low and debilitated, then the light cordials formerly recommended, will be necessary.

Similar to this is another eruption, though somewhat different in its appearance, termed, vulgarly, *scorbutic*, which infests chiefly the face and neck, and occasionally the extremities, even to the nails. This eruption is distinguished by discharging a sharp ichor or fluid, that excoriates wherever it touches. The treatment of this requires more attention than the eruptions we have already noticed. It yields best to the expressed

juice of the water-parsnip; which may be given from one to five spoonfuls, three times a day, in a moisture of new milk, according to the age and state of the child. The same attention is here necessary, as in other cases, to the state of the bowels; and in order to allay the itching of the parts, the tar-ointment will form a proper application spread on linen.

Itch.

THIS loathsome disease is commonly produced by infection, but seldom prevails where due attention is paid to cleanliness and wholesome diet. It is easily and certainly cured, but if neglected may vitiate the humours, and if suddenly driven in, it may occasion fevers, inflammation of the viscera, or organs of the belly, and other internal disorders.

Sulphur, properly used, is a never-failing remedy, the parts being rubbed with the ointment of it, directed in the Appendix, and at the same time the child taking night and morning as much sulphur and cream of tartar as will keep the body gently open, and avoiding catching cold. In place of the sulphur ointment, one composed of the powder of white hellebore will have a similar effect. Mercurial ointment, or a wash of corrosive subli-

mate is also sometimes employed, but this requires particular care, as the smallest cold may be very dangerous.

General Treatment of Eruptions.

To conclude the subject of these early eruptive disorders, we may observe, that exposure to cold is to be carefully avoided, and much caution is to be used with regard to external applications. Where the child is sick at stomach, magnesia and other testaceous powders form a proper remedy; and they may be given either simply or in addition to the compound powder of contreyarva, according to circumstances.

If at any time an eruption suddenly disappear or strike in, then the warm bath forms the proper application, with some cordial; one of the best of which is the aromatic confection; and to this may be joined either a few drops of antimonial wine, or of the compound spirit of ammonia. Wherever an eruption disappears, too much attention cannot be paid.

Wherever the scabs of an eruption turn dry and hard, the best application will be, to touch a small part of them with a little cream, or the oil of almonds, mixed with a few drops of the water of kali; or they may be washed with warm beer

and butter. Where there is merely excoriation or rawness, so that the clothes stick to the parts, dusting them occasionally with a little common hair-powder, or flour of sulphur, and covering them with a singed rag, will answer every purpose.

Sore Ears.

THESE are so common, and their usual treatment so well understood, that there are few mothers who cannot apply it; washing with cold water, and covering with singed rag, being all that is necessary. The complaint is one means which nature employs, during the period of teething, to take off the general irritation of the system. These sores, however, become often very troublesome; and in children of gross habit they extend far beyond the usual limits, down to the neck, and spread deep, so as to occasion great pain; and in some rare cases, mortification has ensued.

The treatment here requires to be active. Bark may be given internally, while fomentations are employed either of the same medicine, or of white poppy-heads; and if the sore appear foul, the previous application of a blister to the back will, by forming a drain from it, do much service. The bowels should likewise be kept a little open, by some of the testaceous powders, joined with

rhubarb, nitre, or mercury; and wherever the sores are obstinate, the external application of a liniment of mercury, as mentioned in the Appendix, will prove a certain means of cure.

Sore Eyes.

THE eyes of children are subject to various affections.

Children born in winter are very apt to have weak, or watery eyes, arising from the exposure to cold which has taken place at birth; and all that is necessary in the way of treatment is, to keep the head warm by covering it with a flannel cap, and washing the eyes with rose water. But when the weakness seems to increase, it may be then necessary to use a stronger composition for a wash, and three or four drops of the acidated litharge water, or a grain or two of white vitriol, may be dropped into two ounces of rose-water, and used in the former manner; while in the mean time, the bowels are kept open by a little manna, magnesia, or rhubarb.

It is common also at birth, that the child has the eyes a little blood-shot, particularly after a difficult labor. Though they may remain in this state for some weeks, they generally get well naturally, without leaving any blemish or injury.

But the real ophthalmia, or inflammation in the eyes of children, is a more serious disease, which seldom yields to these common means. It is often connected with the state of the bowels; and when a purging comes on, it is apt to be removed by that discharge.

Wherever this complaint is obstinate or tedious, a blistering plaster may be beneficially applied behind the ears, and the sore kept open for some time. Previously, however, a blister may be tried on the neck, and a leech applied to one or both temples, while the body is kept open, and the eye-water recommended in the Appendix employed. Where the disease is apt to return, a watery, or tender, eye will be the consequence; the best application for which, is a grain of white vitriol formed, with fresh butter, into a liniment. A little of this should, every night, at bed-time, be inserted into the angle of the eye; or the ointment of nitrated silver may be had recourse to, which will, perhaps, give less pain.

This disease, of the watery eye, is very common to children, at every period, particularly those who shew a disposition to humours or disorders of the skin; and the ultimate remedy, where the common means fail, in such cases, is to shave the head, and apply an oil-skin cap over the whole scalp.

Purelant Sore Eye.

By this term is understood, that infection of the eye, in which a considerable portion of the humour, or purelant matter, is constantly discharged, and in which the eye-lids are greatly swelled. Its usual attack is a few days after birth. In a few weeks time, not only the sight may be lost, but even the very eye dissolved. A leech should be applied to the temples, blisters to the back, nape of the neck, and behind the ears. In very bad cases, scarification of the eye-lids may be proposed; while the state of bowels must not be neglected. Bleeding is not so well in the power of practitioners till the child be somewhat advanced; and, therefore, after birth, more benefit may be expected from keeping up a constant discharge from behind the ears. A small slip of blistering plaster should be applied for this, suppose every three or four days, and the ears, in the mean time, dressed with spermaceti ointment. The edges of the eye-lids should also be kept smeared with some unctuous substance throughout the day, that the matter may find an easy discharge. At night, a little of the acidated litharge cerate, spread on linen, may be applied to the eye, and over it a soft poultice made with a compound

water of acidated litharge. By this constant moisture, the eyes will be always kept soft and easy. If the poultice be too heavy, it may be changed for soft linen rags washed with brandy and water, or a solution of sugar of lead.

Throughout the whole of the complaint, astringent medicines will be found useful. Where specks have formed, a long and cautious use of asphorotics, or gentle caustic remedies, has succeeded to restore the sight ; but all such medicines require much judgment in their application.

Disorders of the First Passages.

FROM the disorders of the skin, we come naturally to consider those of the stomach and bowels ; and first of

Vomiting.

THIS is rather a symptomatic, than an original complaint with children ; and it is only when the stomach is really overloaded, that children have so much inclination to vomit. The milk is then usually rejected by them in an unchanged state, and without any sickness on the part of the child ; but, where it has continued some time, and

the contents of the stomach are in a curdled state, to rectify it requires some attention. In that case the contents of the stomach should be first wholly evacuated by a gentle emetic, as a little warm water or camomile tea. The child should then fast for some time, till the stomach regain its proper healthy state. But, if any real acrimony be present in the stomach, and occasion this vomiting, which may be known from the appearance of the stools being green or clay, then a gentle laxative will be proper, with some alteration of the food, so far as this is in fault; and to correct the state of the stomach, a drop or two of the water of kali, and a little mint-water, may be occasionally given.

Should the vomiting arise as a symptom of another disease, the appearance of the latter will determine its cause, and also regulate its treatment. If it proceed from the disappearance of any cutaneous eruption, the warm bath, to restore the eruption, is the proper application, after which the child should be put to bed; but if the tendency to vomit still continue, the stomach may be unloaded by an emetic, and a warm gum plaster afterwards applied to the pit of the stomach; after which light cordials may be administered.

Vomiting may also arise from a peculiar irritability of stomach. Tonics become here the proper means of cure, as a strong infusion of the bark

or camomile, with a little orange-peel and ginger, and occasionally a little rhubarb ; where excess of sensibility is alone to be checked, then the saline mixture, with a drop or two of laudanum, will be proper ; while, at the same time, warm spirituous fomentations may be made to the pit of the stomach, or a labdonum plaster applied to the same part, with a proportion of Venice-treacle.

Wherever vomiting occurs in children, it should be a regular rule to examine, whether it be not connected with hernia or rupture of the brain.

Gripes.

THESE are properly a symptom, not a disease, and their cause will be easily discovered, by the circumstances and expressions of pain connected with them. The cause is most commonly wind or costiveness, under which head it is treated. If the child refuse to suck, the usual posture should be altered, and it should be held upright to receive the breast. This alteration of posture will often produce a cessation of the pain.

Purging.

THIS complaint we find often connected with one already considered, namely vomiting, and both arise most frequently from one of three causes; unwholesome food, moist cold air, or the sudden disappearance of some cutaneous eruption. From whichever of these it proceeds, it ought not to be hastily stopped, nor till the offensive matter, on which it depends, be totally removed. Where joined with a vomiting, an emetic ought to be the first step, after that the use of rhubarb and absorbents may be ventured on, and continued, with an occasional emetic till the first passages be completely cleared of any irritation which may keep up the disease. If it continue after a sufficient perseverance in this plan, light cordials and opiates should be interposed. If the purging be connected with teething, or attended with fever, though it continue obstinate, it requires much caution. For, in this case, so far from being a disease, it may, perhaps, be considered itself as a remedy, in preventing the occurrence of more dangerous symptoms. Keeping the discharge merely within bounds is the proper mode of proceeding, and the chalk jalap will be the best remedy; when the bowels being once cleared, and

the irritation removed, the treatment will be much regulated by the appearance of the stools. These have been distinguished into sour, clayey, watery, bloody, and foetid.

The last of them, when they occur, require the use of a powerful purgative, such as senna-tea, if the child be old enough to bear it. Blood is seldom mixed with the stools, but in the end of the disease, and an occasional streak of it is of little consequence. Watery stools, where combined with greenness, or an appearance of curdled matter, are best removed by a gentle emetic, and a warm purge. Slimy stools, with an appearance of hiccup, should be treated with magnesia and other absorbents, warmed by the addition of a little grated nutmeg. White and clayey stools are the best corrected by a drop or two of the water of kali, mixed with the other medicines. A soap clyster will likewise be useful here, when attended with much griping; nor is some light cordial to be withheld; and fomenting the belly with a little warm brandy, or a decoction of camomile-flowers and white poppy-heads, will be a great assistance to the other parts of the treatment.

Wherever purgative medicines are used for children, the form of compounding them is a material circumstance. They should always possess the addition of aromatics, especially those of the carminative kind, as a little ginger, pounded cardamom

seeds, carraway tea, or dill-water. So much does this circumstance require attention, that obstinate bowel-complaints, which have resisted for a length of time the usual treatment, have yielded to a proper conjunction of aromatics, with laxative remedies.

Where purging is connected with either teething or eruptions, a proper step to cure will be opening a drain behind the ears, or applying a Burgundy-pitch plaster to the back.

The most dangerous of all the purgings are what are termed the *true-watery-gripes*, a disease very often fatal, where it takes place at an early period of infancy, or is a consequence of other illness; and it is to be distinguished from common thin stools, by its effects on the child. In this case the child becomes very soon emaciated, looks remarkably ill, and every thing it takes runs quickly through it, without undergoing any change. These symptoms continue and increase with the progress of the disease.

When from these appearances of the child, and the matter discharged, the complaint is established to be the true watery-gripes, the cure should be begun by one or more emetics, and rhubarb should be administered. When the bowels are thus cleared, small doses of ipecacuanha, joined with the testaceous powders, or the aromatic confection, are the best remedies; and the practice of giving

ipecacuanha in small doses, joined with aromatics, is one of the most useful forms which can be employed in most cases of purging, where long continued or chronical. The dose here should be very small, not more than the eighth part of a grain, every three or four hours. Where there is much pain, the labdanum, or any other warm plaster, may be applied to the parts above the navel, or warm fomentations of poppy-heads, mixed with aromatics, may be used for the same purpose,---flannels being dipped in the hot liquor, and applied several times a day.

Should these means fail, the substitution of a vomit will be occasionally proper, especially where a sour smell prevails in the discharge; but still the warm purges are not to be given up; but, in the intermediate days of their use, the absorbents had recourse to, rendered still more powerful by the addition of kali-water, or tincture of myrrh. When the diseased appearance of the stools is once got the better of, a starch clyster, containing a few drops of laudanum, may be thrown up, two or three times a day; and whatever medicines are used, whether purgatives or absorbents, or even astringents, as the infusion of the logwood, the same addition may be made. In the last stage of the complaint, a liberal use of aromatics and opiates becomes necessary.

But purging is as frequently the effect of impro-

per food as of any other cause. Where milk disagrees, a little lean mutton broth, or beef tea, ought to be substituted; and on the same account, rusk and biscuit powder are preferable to bread. The best diet, however, where an habitual disposition to purging takes place, is baked flour mixed with cow's milk, in the form of a thin custard, being both light and astringent. The same may be said of milk thickened with India-arrow-root, of the eminently nutritious quality of which powder we have already had occasion to take notice. This should be the only diet of the child, beside the breast; and if the disease appear obstinate the nurse should be changed. By this attention to the diet, habitual purging may be prevented; and where the child is very much reduced, the julep of life, given in a diluted state, has been known to answer both for food and medicine with the happiest effects.

The purging that succeeds weaning is often very troublesome, and is to be checked by animal food, rather in a solid form. A bit of chicken moderately boiled, and lightly bruised with the liquor into a sort of a jelly, with bread, is an excellent nourishment, but must not be given oftener than twice or thrice a day.

In all kinds of purging, the appearance of a rash on the skin is to be considered as a favorable circumstance.

Worms.

EVERY part of the body is liable to be infested by this species of vermin, and remarkable instances are to be found of their having even occupied the innermost recesses of the heart. But in children it is only their attack on the first passages that forms the disease. The exact period after birth at which they appear varies. They have been discovered, it is said, in the *fœtus*, still-born; and they have been passed by children only a few weeks old. Though this be disputed by some authors, on the principle that the milk prevents their being generated, yet worms are indisputably known to appear as frequently during nursing as at any other time. It must, however, be confessed, they are more frequently suspected as a cause of disease than they ought to be; and therefore every advantage has been taken of this circumstance, by ignorant pretenders in medicine, to cry up the success of their *nostrums* for this supposed cause of disease.

The effect of worms varies in different children. Some void them in considerable quantities, without their appearing to have the smallest influence on their health or constitution. Others continue greatly indisposed, and suffer the most excruciating

pain, when even a very small number of worms are ejected. At all times they are to be considered as marking an imperfect state of digestion, and an unhealthy disposition of the bowels; and the effect they produce is to take up, in part, the nourishment designed for the child; to produce irritation on the sensible parts; give rise to pains, spasms, and other uneasy symptoms; to obstruct the very circulation of the bowels; to compress particular parts of them, and lastly, though it be a rare occurrence, to destroy or erode the texture of the intestines.

The different species of worms may be divided into four: the large round worm; the small maw-worm, resembling a thread; the short flat white worm, and the jointed or tape-worm. The most obstinate of the whole is the tape-worm, which even though dead, continues rooted to the bowels, and can only be removed by the most powerful drastic medicines.

The symptoms which render this disease an extensive field of deception, are at all times very equivocal. A suspicion of them has been drawn from the breath being fetid, especially in the morning; from an unhealthy state of the gums, itching of the nose, and of the fundament, joined with a very irregular appetite and enlargement and hardness of belly; not unfrequently with pains of the stomach, sometimes vomiting, though

oftener costiveness, or an irregular loose state of the bowels, attended with slimy stools. The countenance exhibits a dull bloated look: there appears a dark hollow circle round the eyes, and the sleep is interrupted by starting and grinding of the teeth. There is also generally a slow irregular fever, in which the pulse is small, the urine pale or whitish, with a short dry cough. Occasionally, nervous symptoms arise, as convulsions or epilepsy and partial palsy of the lower extremities. If a small pulse and hiccup attend such convulsions, it is a sure mark that they arise from this source. A pale swelling of the upper lip and nostrils is also conceived as a certain indication.

The real cause of worms seems yet unknown. It is perfectly clear they accompany an impaired state of digestion, and that they are mostly present in those habits which abound in fluids, such as the constitution of children always displays. They appear sometimes to be a hereditary disease in a family, and are not unfrequently owing to the nurse. The first point, then, in laying down the principle of cure, is to effect their dislodgment, and afterwards to correct that state of the part which disposes to their generation.

The dislodgment of this vermin can only be effected by purging; and wherever the constitution of the child will permit, active purges are given with this view. But where children are

unable to bear such powerful means, more gentle remedies of the same sort will answer the purpose, if they be steadily and constantly persevered in. Hence rhubarb, senna, or other moderate laxatives may be employed, with the addition of bitters, as wormwood, tansey, rue, and the like ; or administered alternately with them. Agreeably to this, a little senna-tea may be given every other morning, and if no worms appear, a few grains of scammony-powder may be given with calomel at night, and repeated once or twice a week, with the interposition of some strengthening medicines ; or, in place of this, an aloes clyster will form a successful remedy, given at night, and next day alternated with rhubarb or senna-tea.

A favorite and useful remedy has been cow-itch, variously prepared ; though the easiest form be that of mixing it with treacle. A course of this medicine should be continued three or four days at a time, then purged off with some of the former remedies, and the course again repeated.

Another practice which has been long in use in this disease, is the mixture of pewter-filings with æthop's mineral and treacle. This is generally given to the extent of three or four tea-spoonfuls daily, and purged off twice or thrice a week, with a little jalap and sulphurated mercury.

Plasters applied to the navel, and composed of

aloes, and other bitter and fetid substances are often successful and always safe.

Oily clysters, too, sweetened with honey, are very efficacious in bringing down worms. The Harrowgate water, either natural or artificial, is a good remedy; or, in defect of it, sea-water, or even salt dissolved in common water. Flour of sulphur taken at night, and the salt water in the morning, may be particularly recommended. The plants useful for expelling worms are very numerous; above fifty have been specified by medical writers.

Where the child is somewhat advanced, and the constitution can bear it, the most expeditious remedies are clearly mercurial purges, worked off by an occasional interposition of senna. They are most useful where spasms arise from this disease; and when these are violent, the warm bath will form a necessary appendage to the treatment.

The bowels being thus cleared of worms, their after generation requires to be carefully prevented. The remedies that effect this purpose are tonics of all sorts; but those of a bitter, fetid nature have been generally preferred, joined with the filings, rust, or tincture of steel, and aromatics. They will be much assisted by an attention to diet, which is absolutely necessary in order to assist digestion, and get rid of the complaint. All fat and greasy

aliment should be carefully abstained from, and particularly butter. The food should consist entirely of milk, broth, and meat of easy digestion, with toasted bread and honey.

No disease, as we have already observed, offers such a field for the impositions of quackery as worms. Appearances of tremendous vermin, many yards in length, suspended in a fluid, are ostentatiously displayed at the window, with interesting accounts of their being expelled by the never-failing *nostrum*, to the admiration of the gaping passenger, and in order to gain his complete faith in the amazing ability of the self-dubbed doctor. Little does he think, that these monsters, at the sight of which he shudders, never entered into the body of any human being whatever, but are a specious deception, being the *small tripe of poultry*, prepared so as to imitate the *tape-worm* to an ignorant or superficial observer.

Such arts, through the want a Medical Police, are suffered to delude the public, and induce parents to pour down the throats of their children dangerous quantities of mercury, under the denomination of worm-powders, cakes, and other specifics. An intelligent country printer very lately published an account of the murder of his child, by one of the most celebrated of these nostrums, the boasting proprietor of which deleterious mercurial preparation is, however, still permitted to vend

his poisonous lozenge, under the authority of letters patent, from his Majesty, and the sanction of some of the most exalted characters in the kingdom, whose names appear in every newspaper.

Teething.

ONE of the most critical periods of infancy, and to which the greatest attention ought to be paid, is that of teething. A continued irritation is kept upon the constitution, for a great length of time, whereby the latent seeds of disease of an hereditary nature are often unfolded, which might otherwise have lain dormant, and done, perhaps, no injury to the general health. Hence cough, fever, rickets, and various forms of scrophula, may be traced in their first appearance, from this period.

It has been observed, in judging of the ease or difficulty of dentition, that weak and rickety children cut their teeth most readily. Many circumstances have an influence in this respect, as the number of teeth that protude themselves at once, and the particular sort. Thus, where two or three teeth come out at a time, the irritation on the gums must be much more considerable than where there is only one; and there will be more difficulty in the protrusion of the large back teeth,

than in the fore or eye-teeth, the surface or points of which are of a more cutting nature.

It has also been observed, that infants cut their teeth more readily in winter than in summer, and that all children, who possess, naturally, a loose belly, suffer the least from the complaints of this period.

The time of teething generally commences between the fifth and tenth months, and the process of the first teething continues till about eighteen or twenty months. The usual number of these is sixteen. The process begins in the lower jaw, two of the front or middle teeth are usually first cut, followed by the two corresponding ones in the upper jaw; next, after some intermission, come the four adjoining these; then follow the two double-teeth or grinders at an interval of some weeks; then the teeth in the lower jaw called dog-teeth, and lastly the two corresponding ones in the upper jaw, called the eye-teeth. About the seventh year comes a new set of teeth, and about the twentieth, the two inner grinders or wisdom-teeth, unless these, as sometimes happens, are protruded at the first teething.

That the teeth of the lower jaw are most forward may be naturally expected from their being less deep in the sockets, and their points thinner, and sharper than the others.

Though this be the usual progress of protrusion in strong healthy children, yet in the more debilitated, the progress is both slower, and more irregular. Thus the teeth are in many first cut in the upper jaw, nor do the contiguous ones appear always at the same time. Wherever there is much pain and irritation at first, the same may be expected to recur, or continue, during the whole period of teething.

The morbid symptoms that attend teething are very numerous; they may be arranged, as simply affecting the part, or as connected with the system in general.

Of the former, the usual appearances are, the child being addicted to drivelling or slaver. The gums appear swelled, spread out, and feel hot, while the cheeks display a circumscribed redness. Of the latter, or general symptoms, the most common are, that the skin is affected by eruptions, particularly the face and scalp; the state of the belly is irregular; though most commonly a looseness attends it, with stools of various colour and consistence. Considerable watchfulness prevails, and when the child procures sleep, it is interrupted by startings and spasms. The secretion of the urine is attended with the same irregularity; sometimes it is increased, at other times is diminished, and the appearance is equally varied, being either of a milky colour or depositing a brownish sediment. Some-

times matter is mixed with the urine, and where there is pain in making water, the irritation of the bladder is taken off by it, as well as the general fever. In all cases the child is subject to shrieking-fits, and its fingers are often thrust into its mouth. The feet and hands are also occasionally known to swell, though it be by no means a frequent occurrence, and only takes place where the bowels are in a costive state. Transient numbness of the legs and arms is also an occasional, but not frequent, affection at this time. When these general symptoms are long continued, and prove severe on the constitution, they are often succeeded by an affection of the lungs, with cough and difficult breathing, and the attack of convulsions or fits, general fever, scrophula, and atrophy, or consumption. A more rare effect of them is the formation of water in the head.

Difficult teething, as a species of inflammatory disease, is to be treated as such. Besides keeping the body open, by gentle purgatives, as well as by clysters, especially where there is a retention of urine, the skin should be kept open, and gentle sweats produced by diluting drinks, and also by administering small quantities of tartarised antimonial wine, or James's powders. A discharge should likewise be encouraged by a blistering-plaster behind the ears, or on the back; and on the first appearance of inflammation, a leech should be applied

under each ear. A moderate looseness, being beneficial in teething, should rather be encouraged than checked. In fevers occasioned by teething, from fifteen to twenty drops of spirits of hartshorn, in a spoonful of water, may be given to advantage every four hours, for five or six doses; and where costiveness does not prevent it, three or four drops of laudanum may be added to each dose.

Rubbing the gums with a little fine honey, three or four times day, and giving the child a bit of bread, liquorice-root, wax-candle, or coral, to indulge the disposition for chewing which then presents itself, will afford ease; but the only means to be depended on, is scarification with a lancet; which eases the tension of the gums, without almost any pain, and gives almost instantaneous relief to the child. The finger-nail, or a sharp-edged sixpence, are sometimes used for this little operation; but the lancet, in a proper hand, is far preferable. Here, as in many other cases, by the nerves being braced by exercise in the open air, and the use of the cold-bath, the dangers attendant on teething will be much removed, and the child better able to support this painful and dangerous process, to which, and its concomitant disorders, so many children fall victims.

A frequent attendant of dentition is convulsions. As this alarming symptom usually proceeds from

the teeth cutting through the nervous membrane covering the jaw immediately under the gums, the scarification already recommended is not only useful to prevent this occurrence, but has in many cases saved the infant's life, after the most dangerous symptoms have taken place. It can never do harm, and may even be of service, though the fits should not proceed from teething. Sometimes it will be necessary to repeat the lancing two or three times, which may always be done with perfect safety, and with an almost certain effect.

Lancing will also in a great measure prevent what is frequent in teething, namely, ulcerated gums. When these take place they should be touched with honey rendered astringent and moderately rough, by röh-allum and white vitriol, while the body is kept open. Should this fail, it must be treated as a canker in the mouth, of which we shall presently speak.

Tooth-Ach.

THIS painful complaint, of which we have already had occasion to take notice in pregnant women, seldom attacks children till the shedding of their first teeth, when, and subsequent to which period, it is frequently very troublesome.

When the tooth is not carious or rotten, it may

be removed without extracting. For this purpose the first point is to diminish the flux of humour to the part affected, by mild purgatives, scarifying or leeching the gums, and bathing the feet in warm water, while the perspiration is promoted by diluting liquors, such as weak wine-whey, and small doses of nitre. The pain may generally be relieved by holding between the teeth a little cotton wetted with laudanum, or a pepper-corn, bruised, and put into a small linen bag dipped in hot brandy. Grated ginger, made into a sort of plaster with the white of an egg; or a piece of sticking plaster, about the bigness of a shilling, with a bit of opium in the middle of it, applied to the cheek, or to the temporal artery, where there is most pulsation, have also been beneficial. If these prove ineffectual, or the tooth be rotten, extraction becomes the last and only remedy, and ought not to be too long delayed, lest it affect the rest. This operation, however, should always be performed by a skilful surgeon, as a person unacquainted with the structure of the jaw may greatly injure the jaw-bone.

The teeth are apt to be much injured by any thing too hot or too cold, by eating quantities of sweet-meats, and by chewing hard substances, or by cracking nuts, as well as by picking the teeth with needles, pins, or other sharp instruments, whereby the enamel may be injured, and the air

admitted into the body of the teeth. All these causes of the complaint should, therefore, be as much as possible prevented in children.

Keeping the teeth clean is not only a great means of preventing the tooth-ach, especially where the source of the affection is local, but ought, in every respect, to be inculcated in children as an indispensable habit. They should be daily washed with cold water, salt and water, or a decoction of bark, and, where necessary, rubbed with the corner of a towel. Where this is done regularly, they will require neither brushing nor scraping; the latter of which, in particular, is only to be done by a careful hand.

The advertised tooth-powders are, without exception, hurtful to the teeth, as less or more destroying the enamel, and thus introducing cold, and its worst consequences, in the various affections of the head. The boasted dentifrices from Circassia, Paraguay, Ceylon, and God knows where, are, one and all, injurious preparations of the impudent venders.

Dirty teeth, as well as tooth-ach, proceed frequently, and indeed most commonly, from the intestines, and are no-wise so much produced as by rich living and high-seasoned dishes. The country maiden, without trouble, perhaps, even without washing, displays teeth of a pearly whiteness, not to be obtained by the luxurious, with the assistance

of the most skilful dentists, and the friction of the most embellishing dentifrices the four quarters of the world can produce. Those who admire the teeth of the negroes should know, that their whiteness is not occasioned so much by their skin being black, as by their fare being simple. This preventive, however, of foulness and disorders in the teeth, we have little hope of inculcating in adults, who can afford to live well; but it may not be impossible to induce judicious mothers to consider this as one of the many evils attendant on the improper indulgence of children in their food. They will probably also have the good sense to reflect, that an early habit of living simply will thus not only be most essential to the beauty, as well as health of their offspring, but will in a great measure prevent them at a future period from so extensively pampering themselves with viands injurious to both.

Canker in the Mouth.

THIS infantile disorder, though an object of alarm in the nursery, is trifling and unattended with danger. It takes place soon after birth, at the time of teething, or about the age of seven, when children are shedding their first teeth, and the second are making their way through the gums,

which, as well as occasionally the inside of the cheeks, are covered with little sores. The application of any mild astringent, as mentioned under Teething, and keeping the body cool, will generally be sufficient; or, when happening at the time of teething, it will commonly disappear spontaneously on the appearance of the teeth.

Sometimes, however, at the second period of teething, when the child sheds a number of teeth together, leaving the rotten stumps behind, this disorder will require more attention. In this case the gums will become spongy, or break into ulcers producing a fetid, or perhaps purulent discharge. Here the decayed stumps should, if possible, be extracted, after which, applications should be used to brace the gums, and heal up the ulcers.

Infantile Fevers.

THE fevers to which adults are subject rarely attack children, even though much exposed to the contagion. There are, however, various febrile complaints peculiar to tender age, which require discussion in this place, but which, in general, are neither of so long duration, nor by any means so dangerous, as those experienced by persons more advanced in life. Some of these have already been noticed under other heads; the rest we shall treat of as they occur.

Fever from Bowel-complaints.

IN an early part of this Treatise, on the diseases of children, it was observed, that a great proportion of them arise from disorders in the first passages. A foulness in this respect is the general cause of fever in children, unless it proceed from their having caught cold, or from teething, worms, or some eruptive complaint. In this case it is usually removed by opening the belly, administering an emetic, and afterwards magnesia or testaceous powders. If these be not effectual, the body should be continued open with castor oil, or, where the stools are very offensive, with calomel, or the powder of scammony and calomel together. These active purges should at all times be administered with caution; but where a proper stool cannot otherwise be obtained, they must be persevered in, as the only means of preventing a relapse. Sal volatile drops, in barley water, taken three or four times a day, or a little salt of hartshorn and lemon juice, are also very useful. Where the cause of the fever is not fully obvious, the tartarised antimonial wine may be given, in doses of five or six drops, to an infant. It possesses the advantage of acting sometimes as an emetic, or purge, or both, and at others, according to the state of the patient, as

an alterative, promoting a gentle sweat. James's powders is a medicine of similar effect. When either of these medicines produces purging or vomiting, a repetition of the dose will only act as an alterative.

Children, at a considerable period after teething, are subject to a fever connected with this subject, but which arises also in a still greater degree from acrid secretions from the liver or glands. Its principal symptom is a violent pain in the bowels, accompanied by difficulty of breathing and cough; the tongue being dry and brown. By freely purging for several days, the fever occasionally abates, but never entirely remits, which is another distinguishing type. It is attended from the first with very offensive, and afterwards painful, and numerous slimy stools; notwithstanding which, when cooling and antimonial medicines afford no effectual relief, repeated purges are the most certain remedy.

In the early stages of the disorder two or three grains of calomel at night, and a dose of senna-tea in the morning, are the best purgatives; but when the painful and slimy stools have taken place, we would recommend, instead of them, castor oil to be given every other day; and in the intermediate days, after it is worked off, moderate doses of laudanum should be administered, to remove the spasmodic pains, and compose the bowels. These

means should be persevered in during the whole of the fever. The child, during its continuance, loses its appetite, and has an aversion to food; any light bitter, given in a saline draught, or almond milk, in the intervals of purging, will at once comfort the bowels, and stimulate the appetite. This fever lasts from ten days to three weeks.

Another fever to which children, from three to ten years of age, as well as female adults, are subject, but for which there is no particular name, is marked by inflamed and painful tumours on the shin-bones, and other parts of the legs, of the size of a nutmeg, having the appearance of abscesses, full of matter, but never coming to supuration, unless by irritation of the clothes, or otherwise. They have an appearance of scrophula, and are sometimes preceded by scarlet spots, like those in a malignant fever. They are, however, attended with little danger, and commonly disappear in a few days. As this fever generally proceeds from foulness of the bowels, purges of calomel and powder of scammony, given every other day, and in the intermediate days saline draughts with the compound spirit of vitriolic ether; and, in the end, bark, will generally operate a cure.

On the decline of bowel-fevers an eruption of the skin, similar to the red gum, frequently succeeds, and is considered a favourable indication. Occasionally also the thrush makes its appearance,

even where the child has had this disorder already, a circumstance not so favourable.

Some fevers are succeeded by pain and swelling of the neck, tightness of the muscles, drawing the head to one side, with a general debility and want of appetite. This is easily and quickly removed by the application of poultices and fomentations, with a volatile embrocation, antimonial powder, and saline drafts, being taken internally.

When children have attained the age of three or four years, their fevers, like those of grown persons, are frequently tedious in their cure, and require the bark, which will be best administered in a light decoction, three or four times a day,

Fever from catching Cold.

THIS fever is easily distinguishable, being always attended with cough, hoarseness, and difficulty of breathing, and often with a running at the nose or eyes, and violent sneezing, the eyes having at the same time a peculiar appearance,

In this case a blister, applied to the pit of the stomach, will be both safe and useful. If it produce not fully the desired effect, the child ought to lose a little blood, either by the lancet or the application of leeches. An antimonial emetic will be necessary to discharge the phlegm on the child's

stomach, which should be followed by an oily emulsion, and the emetic repeated as often as the phlegm seems to impede respiration; the body being kept open by smaller doses of wine of antimony, or James's Powder, joined with a little manna or rhubarb. When the head is much affected, it is useful to put the feet in warm water, or still more so to apply to them a milt, just taken from the animal, or to spread over the soles a little fresh leaven or dough. If there be much cough and difficulty of respiration, which comes on by fits, great relief will be found by giving from five to ten drops of the compound spirit of vitriolic ether, two or three times a day. When the fever remits, the breast-milk is the best balsamic; or, where the child is not at suck, a little of the syrup of balsam.

A species of fever which constantly remits and recurs for several weeks, is not uncommon to children from four years of age to ten. Its principal symptom is the patient's desire of picking the nose, fingers, lips, or tongue, till they bleed. It is attended with little danger, and has been more insisted on by some medical men than its importance seems to require. Gentle purgatives, and, where there is languor, light cordials, are a certain remedy.

Mesenteric Fever.

THIS frequent and fatal disorder generally makes its attack on children of three or four years. It takes its name from obstructed glands of the mesentery, or connecting membrane of the bowels, and often ends in hectic fever and decay. Its appropriate symptoms are a hard swollen belly and emaciated limbs, accompanied with want of appetite, indigestion, pain in the bowels, flushed cheeks, or sometimes loss of colour, impaired strength and spirits, and remitting fever. It always attends scrophula, and may in general be considered a modification of that disease. The affection is not confined to the glands of the mesentery, but extends itself to other parts, and particularly the lungs.

Although, as already observed, the mesenteric fever is most common in children at three or four years of age, they are liable to it till even eight or ten. It is often a consequence of disorders of the first passages, on a sudden obstruction of the discharges of the bowels, and of teething and measles. It also arises from a coarse and unwholesome diet, producing indigestion and vitiated chyle, with obstructions of the internal glands and their attendant lymphatics. Hence, it will in this

case be prevented by a light and nutritious diet, wholesome air and exercise, frictions, and frequent washings with soap and warm water, for young children, and the cold bath for those more advanced.

In the cure, the principal thing required is to resolve the obstructions of the glands, to carry off the viscid matter, to strengthen the system, and promote digestion. These purposes require medicines of various effects, the proper administration of which demands professional aid; fevers in general, and particularly one of this dangerous species, not being to be tampered with.

Without, therefore, going into what would be here unnecessary details of all the stages of the disorder, and their specific remedies, we shall just mention, that in its commencement, while the appetite and digestion continue, and before the glands become much enlarged, the belly hard, and the fever constant, purgatives, such as the opening mixture of sponge and senna, with two or three doses of calomel, and afterwards chalybeates and bitters, will, if duly persevered in, frequently prove successful. Should this not be effectual, a variety of remedies must be applied to in their proper order, of which the physician must judge, according to the various symptoms and progress of the disease,

Hectic Fevers and Decay.

THE immediately preceding disorder, as well as several others, if improperly treated or imperfectly cured, are apt to induce a confirmed hectic fever, and decay of the whole system. There is also, sometimes, a threatening appearance of hectic fever, where Nature herself, especially in cases of infants, effects a salutary and astonishing change, restoring the emaciated patient, as from the very jaws of death. Children, indeed, as they are more liable to disorders than adults, are more easily cured, and survive many diseases which would be inevitably fatal to those advanced in life. Under the worst of these, therefore, while breath continues, parents may comfort themselves that their children still may recover, if proper attention be paid, and injudicious management be not employed to counteract the efforts of Nature at this early period.

When the hectic fever proceeds from worms or teething, the salutary turn above alluded to very frequently takes place. In the worm-hectic, some remarkable recoveries have also been attributed to the free use of the mercurial preparation called quicksilver with sulphur. In the hectic, called the

tooth-atrophy, children, merely on cutting rapidly half a dozen of teeth, have recovered their full health, after they had lain for months scarcely fit to be moved, with continual fever, flushed cheeks, emaciated countenance and limbs, a swelled belly, incessant cough, and almost total inability to take nourishment.

When the disease has reached this advanced stage, the chief object is a proper attention to the state of the bowels, which sometimes call for restringent, and at others, opening remedies. Sydenham's rhubarb is recommended as a very gentle purgative, while the testaceous powders may be employed to correct acidity and a relaxed state of the bowels. Mercury is here a useful medicine, as are the Seltzer and soda waters, either natural or factitious. Indeed these and the other mineral waters are now prepared artificially, so as not only to have all the virtue of the natural springs, but with this important superiority, that they can be made of any strength, and may be had at a moderate price---circumstances which cannot fail to bring into more general use this most beneficial species of remedy.

The diet should be light and nutritious, as light puddings, milk, rice semolina, or India arrow-root; and, above all, the child should enjoy fresh air, and as much exercise as his state will permit.

Scarlet Fever and Ulcerated Sore Throat.

THIS is properly a disease of children, and is rarely communicated by them to adults; but, when it does attack the latter, is readily caught by children, and is among them very contagious and fatal.

It begins with the common symptoms of fever, often with languor and disposition to fainting, a quick pulse, sickness, and head-ach. The eyes become inflamed; and where the throat is affected there is a stiffness in the muscles of the neck, followed by a difficulty in swallowing. This last particular should be carefully enquired into, the soreness of the throat being often not complained of till too late. The fever is greatest in the evening; in the morning there is some remission, with sweating. On the second or third day, the efflorescence shews itself on the skin, beginning on the face, neck, and breast. The hands and feet swell; head-ach takes place; the patient is either drowsy or very restless, and sometimes delirious, especially towards night. The tongue is at first white and dry; then foul, and lastly of a bright red.

About the fifth day, there is commonly a remission of the fever; the eruption then begins to

scale off, and about the seventh it disappears. From that time the patient remains for several days in a low state; and it is often a fortnight before he recover his strength and spirits. Sometimes he is troubled with abscesses on the outside of his neck; at others, after the efflorescence has gone away, the whole soft palate is seized, as if by the true gangrene, and the fever recurs; but these alarming symptoms continue only a few days, and the parts recover their natural appearance.

If the body be costive at the attack of this fever, an opening medicine should, in the first instance, be administered. The throat should be gargled or syringed with a softening infusion or decoction, as a decoction of snake-root, or of barley with honey of roses, and the compound spirit of ammonia. The gargle must be frequently used, particularly in young children. Aromatics should be given, along with saline draughts and cordials, including wine, according to the age and degree of languor of the patient. The food should be light and nutritious, with plenty of gruel, barley-water, or other balsamic diluents, to promote perspiration. Cordial treatment and medicines are required throughout the disease, it being generally of a low type; and, when the throat is much affected with sloughs, or total blackness, bark is absolutely necessary, whatever be the state of the dis-

order ;---it extinguishes the fever, when moderate, and, where malignant, it supports the system till the regular stages take place, and a perfect crisis be accomplished. Should the bark, as it sometimes may, prove purgative, a little of the spirit of cinnamon, or a drop or two of laudanum, should be added ; should it have a contrary effect, a clyster will be beneficial.

In cases of delirium, a few drops of laudanum will tend to compose the child. If there be much external swelling of the neck, blisters may be applied usefully to the part.

A second fever for the most part occurs ; when the limbs, especially the hands, continue swelled, a general soreness takes place, the patient loses strength, and a hectic fever supervenes. Here the bark is to be disused ; but soft, demulcent medicines, a light nourishing diet, and light cordials, with ass's milk, the body being kept moderately open, and the patient removed to country air, will be essentially serviceable.

Convulsions.

CONVULSIONS are either symptomatic, being the consequence of some other disease in children, particularly worms and teething, or preceding the measles or small-pox, or other eruptive complaint ;

or they are an original complaint arising from a morbid affection of the brain. Whatever stimulates the nerves in an immoderate degree may induce convulsions, as may also an irritation of the stomach or bowels, which is certainly either the predisposing or immediate cause of most of the convulsions of children. When this is the case, the natural and ready cure is to clear the passages of their acrid contents. If the child be costive, a clyster ought first to be given, and afterwards a gentle vomit, keeping the body, at the same time, open by moderate doses of testaceous powders and rhubarb.

We have already mentioned, that for some months after birth, children should be confined to the breast-milk. Where this is not the case, and where the victuals are made too thick or otherwise, it is a very frequent cause of convulsions, from the indigestion which naturally ensues. The bowels are thus disordered by occasioning their contents to turn pasty and cleave to their coats, so as to prevent the due adoption of the nutritious part of the aliment. Any offensive load, whether from the quality or quantity of food, occasions a faulty secretion, and that these produce convulsions may be known from their being preceded by loathing, costiveness, purging, pale countenance, swollen belly and perturbed sleep. Repeated purges, particularly of castor-oil, with some light cordial will

be necessary and useful. Veal tea, mixed with milk, is the best nutriment, while all farinaceous food must be avoided.

The children of the poor are not unfrequently afflicted with convulsions from foul air, and want of cleanliness in their skin and dress, a most extensive source of disease.

In convulsions arising from the irritation or foulness of the stomach and bowels, these must be cleansed as already mentioned; after which, if they appear to continue, spasmodic remedies must be administered, such as spirit of hartshorn, tincture of castor, rectified oil of amber, or two or three drops of laudanum. Bathing the feet in warm water, and friction all over the body, are likewise very useful.

When convulsion is a primary disease, proceeding immediately from the brain, bleeding, blistering, and purging, are requisite; and also bathing the feet in warm water, friction of the legs, and rubbing the soles of the feet with the compound spirit of ammonia. In delicate children chalybeat-water may be useful, and where those of two or three years old are subject to slight and frequent fits, issues, or setons in the neck or between the shoulders, should be made, and kept open for a length of time.

Another, and the most serious, species of original convulsion is attended with an unmeaning

countenance, and constant stare and motion of the eyes, followed by a temporary deafness or blindness, and sometime a loss of intellect. If water in the head be not suspected, and the common nervous medicines, with purges and blisters, have no effect, recourse must be had to repeated vomits, and bleeding with leeches; where the body continues in a good state the water of prepared kali may be beneficial as a diuretic. Much benefit has also been derived from a free use of musk. When this sort of convulsion attacks young children, it terminates very soon, and too often fatally, especially if there be water in the head.

After all, alarming as convulsions are, they are by no means either so generally fatal or injurious to the system as is commonly believed. Their number is far overstated in the bills of mortality, many children in particular is said to die under them being really the victims of other disorders. An immediate and proper remedy will seldom fail to relieve the child, and as this may be necessary before professional assistance can be obtained, mothers and those who have the care of children in such situations, should so far understand the subject, as to enable them to give the immediate aid required. With this view, in addition to what has already been said, I may observe, that where the irritation proceeds from the bowels, the readiest remedy will be a soap clyster, with two or

more tea-spoonfuls of salt, and afterwards the purgatives as before directed. But when the child falls suddenly into a convulsion, after sucking or feeding, and the bowels have been before regular, the irritation may be supposed in the stomach; especially when there is an unusual paleness indicating sickness, or a considerable blackness with symptoms of suffocation. This probably may arise either from an overloaded stomach, or a small piece of indigested food irritating, and perhaps confined in the inferior aperture of the stomach. Here, without waiting for a regular emetic, some immediate means may be tried to produce vomiting, as irritating the gullet with the finger or a feather, or throwing in a little smoke of tobacco, if it be at hand; any of which will provoke instant vomiting, and by relieving the stomach of the cause of oppression, put an end to the fit. This will be the better and easier accomplished, if the child be in the mean time supported by a hand placed under its stomach and belly. In every case it is necessary to clear the bowels.

Epilepsy.

THIS, otherwise denominated the falling-sickness, is a fit in which the patient falls down with violent convulsive motions; it is not unusual to children,

especially those delicately brought up. It proceeds, sometimes, merely from foul bowels, but much oftener attacks the costive, or those subject to a suppression of the common evacuations; sometimes it arises out of the small-pox, measles, or other contagions, but it more frequently proceeds from a hereditary disposition than otherwise. In general, purges, followed by strengthening medicines, such as bark, white-vitriol, chalybeates, and sea-bathing. Oil of amber has also been of use in young subjects; and where that has failed, musk. Should these means not produce a cure in a short time, the disease will generally last through life; though there are not wanting instances of its spontaneous disappearance at or before puberty. We shall only add, that electricity in the very worst cases, and where the disorder has been of many years standing, is so powerful a remedy, as gradually to have reduced the fits from twenty or thirty in a day to one in six weeks, but never entirely to remove them.

Hiccup.

THIS convulsive affection, either in infants or more advanced childhood is of little or no consequence. It is most commonly produced by over-eating, thickness or sweetness of the food. It

also proceeds from an acid state of the juices of the stomach, or occurs in long bowel-complaints, in which cases the testaceous powders should be administered copiously ; or should these not remove it a labdonum plaster may be applied to the pit of the stomach. A tea-spoonful of vinegar or lemon-juice never fails to cure the accidental hiccup ; and it is well known to be cured by any little circumstance of surprize, as being a spasmodic affection.

Watery Head.

THIS febrile complaint is distinguished into external and internal ; the former, which is a very rare occurrence, lying on the surface of the brain, and the latter much deeper, within the ventricles, which naturally contain a small quantity of water, but in their diseased state are much distended.

The external watery head, which sometimes appears immediately after birth, is a very distressing, and generally fatal disorder. The only remedy is a succession of blisters applied to different parts of the head, the discharge from which have sensibly diminished the bulk, and ought to be persevered in, though hitherto they have never been known to effect a perfect cure.

The internal water of the head seldom takes

place before two, or above ten or twelve years of age. It may proceed from external injuries, from schirrous tumours and excrescences within the skull, a watery state of the blood, a diminished secretion of urine, a suddenly checked perspiration, or lingering disease; and there are not wanting instances of its being hereditary; or, perhaps, it may be oftener referred to scrophula than any other cause.

In young children it frequently begins with cough, a quick pulse, difficult respiration, flushed cheeks, a discharge from the nose and eyes, with continual fever and costiveness. The child often puts its hand to its head; and, during sleep, picks its nose, and grinds its teeth; the eyes are impatient of light, the vision imperfect, the countenance unmeaning, the hands tumid, and the fingers clinched. The most decided symptoms, however, are an inclination to lie on the back, a dislike to be moved, an increase of pain on the head being raised, and an almost continual drowsiness.

Though generally fatal, there are many instances of cures being effected by medicines, namely, copious and repeated bleedings, blisters applied to the head and neck, active purgatives and diuretics, with the external use of mercurial ointment. Strong sneezing powders, as white hellebore, or the compound powder of asarum, have also been recommended, as well as electricity. Fox-glove,

too, has been known to succeed, acting as a diuretic. There have been instances where the progress of the disease has been stopped after appearance of the most alarming symptoms, by application of a blister to the whole crown of the head, and keeping the sore open for a twelvemonth or upwards. Where there is a disposition to this disorder in a family, a caustic applied to the nape of the neck, has been recommended as a preventive.

Cold and Coughs.

COLDS are commonly the effect of obstructed perspiration, occasioned by damps and sudden transition from heat to cold, a circumstance more frequent, and perhaps less attended to in this than in any other country. From these no age nor constitution is exempted, and however trifling they may appear, care should be taken to check their progress, else they may be the incipient cause of almost every disorder to which the human frame is liable. By care, however, we mean not that the patient, whether child or adult, should be closely pent up in a warm room, so as to relax the solids, and render a recurrence probable on the least exposure, but that a reasonable caution and a proper regimen should be observed; and in mild

and dry weather, such exercise should be taken in the air as prudence directs. Abstinence is here to be recommended, and nothing taken but what is perfectly light and of easy digestion. Bathing the feet in moderately warm water is also useful, and nothing is so likely to restore suspended perspiration.

Coughs proceed not only from these colds but from various other causes, as teething, bowel-complaints, a foul stomach, fever, &c. and are recurring symptoms in delicate habits. The remedies of these are therefore to be sought under their respective heads.

Too little attention is generally paid to coughs, but if neglected, they may be attended with the worst consequences. Sharp pectoral medicines are useful where the spittle is viscid and tough; but where the defluxion is sharp and thin, these medicines are not to be used. In this case, Fuller's Spanish infusion is a proper remedy, or the paregoric elixer. In tickling coughs some soft pectoral should be kept in the mouth, as liquorice, barley-sugar, sugar-candy, &c. Bleeding is sometimes proper where the patient is strong and plethoric, with a hard, quick pulse. In obstinate coughs, proceeding from a flux of humours on the lungs, besides expectorating medicines, issues, setons or other drains, may be necessary. In coughs proceeding from a foulness of the stomach

all sorts of mucilages and balsamics are hurtful. The stomach must be cleansed by gentle emetics and bitter purgatives. In coughs arising from a debility of the stomach, the bark will be of use.

Hoop-cough.

THIS is one of those contagious disorders principally incident to children, and which never appears a second time. It begins frequently as a common cough, and when confirmed, the fits are attended with a peculiar noise or hoop, whence it has its name. A flux of rheum is discharged from the mouth, nose and eyes; and the food is vomited up, together with a viscid phlegm, in the fits of coughing. In severe attacks, the child appears sometimes as strangled, the face and neck becoming livid, till by a violent effort, attended with a hoop, it recover its breath.

The diet must be light, as pap or pudding, chicken-broth, and other light spoon-meats. Change of air is often of the greatest service, particularly towards the end of the disease, but seldom alone productive of a cure where the cough is bad. In the milder cases, little more is required than emetics and gentle laxatives. Bleeding will be serviceable to prevent an inflammation of the lungs; and if the breathing be difficult, a blister, which,

if the child be not very young, should be kept open for two or three weeks. An emetic is generally necessary in the first stage of the complaint.

In very young children, it will be proper to give the tartarised antimony in small doses, with a few grains of magnesia, twice or thrice a day, so as to produce vomiting every time the coughing fits come on.

If the disease prove obstinate and very violent, asafoetida is a sovereign remedy; and where from its nauseousness the child will not take it, a clyster of it may be administered, dissolved in pennyroyal or common water. Camphor and castor are equally useful but not quite so active. Two or three drops of the oil of ammonia, also, with a little sugar, and taken internally, or a friction of the hands and soles of the feet several times in the day with the compound spirit of ammonia, have often been attended with the best consequences. No medicine, however, in this, and most other spasmodic complaints is equal to opiates. For a young child, a small tea-spoonful of the syrup of poppies, taken at bed-time, or for one of four or five years old, three or four drops of laudanum, will quiet the cough, and remove the strangulation during its operation. Another medicine which has been highly extolled in this disease is hemlock; and by some authors, particularly the late Dr. Butter, it has been considered

a certain specific. It may be occasionally given in place of, or even combined with the opium. When the disease is prolonged, and the child free from fever, bark and other bitters are the proper medicines.

Should the cough return, as it frequently does, after its disappearance for eight or ten days, an emetic and a gentle purge, with light diet, will commonly remove it, or a grain of asafœtida given three or four times a day.

This disorder may be considered of itself never fatal, but it very frequently lays the foundation of an incurable affection of the lungs, where this organ is naturally weak or rendered so by the long continuance of the disease. It is of the first consequence, therefore, to cut it short by a powerful use of antispasmodics, and not allow the constitution of the child to suffer from the repeated and violent attacks of the paroxysms. That it may be fatal in a few cases to infants within the month is, however, not to be denied, but being a rare occurrence, the observations already made will apply to the greatest number of instances that occur.

Spasmodic Cough.

THIS is much alike to the former complaint, and is sometimes very epidemical. Here emulcent

medicines are of no service. The body must be kept open ; and very young children should take a few drops of the syrup of white poppies, three or four times a day, while to those a little advanced, hemlock will be found the best remedy, and generally effect a cure in a few days. Sometimes gentle emetics will be required in aggravated cases, and where there is a copious secretion of phlegm, but this seldom happens to very young children.

Croup.

THIS disease, which is peculiar to children, is a species of asthma, with violent catarrhal symptoms. It is most common in low marshy countries, or on the sea-coast, and in wet and cold seasons. Indeed, it is readily occasioned by any thing wet or damp, or which obstructs the perspiration.

There are two species of croup, the acute or inflammatory, and the chronical or lingering. The former is attended with a very quick pulse, cough, and difficulty of breathing, soon after, and sometimes even before the occurrence of the croaking noise, which is the effect of this disorder, and its peculiar type. This disease is both severe and dangerous. It is sometimes a consequence

of others, particularly fevers; and frequently it arises from the same causes as the malignant sore throat, and it has likewise accompanied the last stage of the putrid thrush, and been particularly and suddenly fatal. It has also been known to come on insiduously, and after having entirely disappeared has recurred, and terminated in death, before any danger was perceived.

From the suddenness and shortness of the disease, immediate remedies are requisite. Four, or even six leeches should be applied to the throat, especially when fever appears, and a blister be applied to the nape of the neck. The child may also breathe the vapour of warm water and vinegar, and an embrocation should be constantly applied to the throat. After these, an emetic should be given, and sickness kept up by small doses of the antimonial powder. Calomel, or the tincture of fox-glove have been found beneficial in the early stage of the malady. After its termination, bark should be employed, to prevent a relapse.

The chronical croup is immediately produced by spasm. If attended to early, medicine will have a powerful effect; if suffered to proceed to the latter stage, it is almost incurable. The best remedies are emetics, asafoetida, and hemlock; with occasionally the bark; and these medicines must be persevered in during the croaking noise by which the disease is distinguished.

Scrophula, or King's Evil.

THIS is a disease to which children are very subject, and where a regard to regimen is particularly requisite. It is most commonly hereditary, or may be received from a scrophulous nurse. It is also brought into action by diseases that weaken the habit or vitiate the humours, such as small-pox, measles, hooping-cough, teething, rickets, &c. and particularly confined air, bad water, unwholesome food, damps and wet, want of exercise, and inattention to cleanliness. Its principal attack is on the glandular parts; but it frequently affects the eyes, muscles, tendons, and even the bones, especially at the joints. It appears from two years of age till puberty: it is frequently preceded by a peculiar look about the eyes, which appear large, and the upper lip thick, and before the external glands be affected the belly is sometimes swelled and hard, and not unfrequently the mesenteric glands, and the lungs have been found affected. It has often disappeared, especially in females, at or before puberty; and it has likewise often, after several years disappearance, recurred on the mesentery or other internal glandular part, undermining the constitution, and producing consumption. Though it be

seldom immediately fatal, it is too generally a source of ill-health during life.

On its first appearance, mercurial purges, antimonial vomits, and saponaceous and aromatic medicines, continued for a length of time, may be serviceable; and in its more confirmed state, lime-water, and decoctions of the woods with crude antimony, bark and steel. A generous and nourishing, but light and digestible aliment, is also requisite, and above all good air and perseverance in rather violent and fatiguing exercise.

Where there are external humours, they should be brought to a speedy suppuration. With this view, a paste of honey, flour, and the yolk of an egg, should be applied twice a day, and the parts electrified. External stimulants are also useful, such as fumigations of the red sulphurated quicksilver, and quicksilver with sulphur. The body should be kept open especially in children otherwise healthy; while those of a spare and delicate habit require tonic remedies. When the ulcers have been healed, and only small tumours remain, good effects have been experienced from the external application of a strong solution of camphor in oil of almonds.

Salt water bathing alone, especially in Summer, or in a tepid state, has been of the greatest advantage, and even made a complete cure; the patient should also drink the salt water. Bark, too,

and hemlock, are powerful remedies. It must, however, on the whole be acknowledged, that when this disease becomes confirmed in the system, medicine will have little effect, while it may certainly be much palliated by air, exercise, and regimen, particularly including the cold-bath.

This disease received its name of King's Evil from a superstitious idea that it was to be cured by a touch of the King. The last of our sovereigns who practised this delusion, was Queen Anne. In the London gazette, of the year 1707, will be found a proclamation, inviting her scrophulous subjects to the Royal touch.

Rickets.

Rickets are a disorder of infancy, and generally take place from six months to two years of age. They are apt to arise from unhealthy parents, especially mothers who pass a sedentary life, in unwholesome air and on a weak and watery diet, or from the children themselves being improperly nursed, kept wet, dirty, in a close damp air, and without due exercise; hence they are most common among the children of poor people, in work-houses, and in manufacturing towns, the disease having in fact never appeared in this country till manufactures began to flourish. Children begotten

by men at a late period of life, or by those afflicted with gout, gravel, or other chronic diseases, or who have suffered much from venereal complaints, are also very subject to rickets.

The disease first shews itself in the softness and flabbiness of the flesh; the child's countenance becomes bloated or very florid, the belly and head enlarged, and the body debilitated; the pulse is quick and feeble, and the appetite and digestion bad. The teeth frequently rot early, and fall out; the wrists and ankles become unusually thick; the spine, or back-bone, puts on an unnatural shape; the breast is often deformed, and the bones of the arms and legs grow crooked.

Weakness and relaxation being the cause of this disorder, its remedy must, of course, be to promote digestion, and to brace and strengthen the solids. Hence nourishing and rather solid food, with a little port wine, is the proper diet. Air and exercise are indispensably necessary; the cold-bath, and if possible, salt-water, will be of essential service, especially in summer; but it should not be entered on without previous purging. Frictions afterwards with flannel and aromatic powders, or the fumes of frankincense, mastic, or amber, especially on the back and belly, will contribute to strengthen the habit. Bark, columbo, steel and tincture of myrrh are also to be recommended. If the child be of a gross habit, gentle

puke, with active purges, will be of use, it being necessary then to reduce the belly and strengthen the stomach. Though this complaint be seldom completely got the better of, yet by attention to regimen, and particularly air and exercise, it in a great measure wears itself out by time.

Scald or Scabbed Head.

THIS is seldom a disorder in infancy, but is very frequent and contagious among children a little advanced. It is one of the many diseases communicated at schools, particularly by the exchange of hats. It is merely cutaneous, being seated in the smaller glands at the roots of the hair. It is at sometimes dry, and at others moist, producing ulcers. In its early appearance it may be cured by an ointment with sulphur, flour of mustard, and powder of staves-acre; or of sulphur with white calx of mercury, rubbed in twice a day on the parts affected, while the patient is kept from external cold, and the body kept open. In a more violent progress of the disease, the hair must be shaved off, and the head washed with a decoction of tobacco till the scabs disappear, and the hair grow in the parts they occupied. Instead of the decoction of tobacco, the head may be washed with the soap-lotion and a small propor-

tion of kali, while an application is made to the scabs of nitrated quick-silver, in place of the sulphur-ointment and calx of mercury. It has been also well advised, instead of the foregoing remedy, after shaving the head, to wash it thoroughly with a piece of flannel and a strong lather, and then rub in the tar-ointment, (using the petroleum instead of common tar) and a considerable quantity of white hellebore, for near an hour at a time, using it very warm, and covering the head with a bladder. The hairs must be pulled out, although the operation be painful, and the proof of removal of the disorder will be the hairs growing up on the former seat of the scabs. Should any difficulty occur in getting out the hairs, mercury, or quick lime may be had recourse to, but such remedies should not be attempted without the direction of a medical man.

Herpes, or Ringworm.

THIS is a frequent, and often an annual disease of the skin to which some children are disposed, and which makes its appearance on different parts of the body, in dry, scurfy blotches, attended with a constant itching. It becomes frequently a blemish on the face, particularly the forehead. A popular, and by no means improper application for this disorder is ink; it is very serviceable

from the galls, which are one of its great component parts. The best remedy, however, is the ointment of nitrated quicksilver; and the flesh-brush may be usefully employed as a preventive in habits disposed to the complaint. It sometimes extends itself and degenerates into a sore, called the *ulcerating herpes*; but, as this seldom attacks children, we consider it unnecessary to enter either into its description or cure. There is also another disorder of a similar nature, called *shingles*; but it appears to be so very rarely as not to require, here, particular notice.

Warts.

THE simplest, easiest, and most effectual means of removing those excrescences are by ligatures of horsehair, waxed silk, or thread. They are less liable to return than when destroyed by caustics, cutting, or searing; which operations are likewise not unattended with danger, especially when the warts are on the joints, lips, or eyelids. Among the many popular remedies, a successful one is, to rub them with the juice of the common garden slug, cut through the middle. Those warts which appear in infancy, disappear imperceptibly and spontaneously about the time of puberty.

Stye.

THE stye, or stithe, is a small inflamed tumor on the edge of the eye-lid, occasioned by an obstruction in the glands of the eye-lids. It forms matter of a thick cheesy consistence, sometimes in a few days, but sometimes not for months. Several suppurations, however, take place before the cavity in which the matter is contained be filled up, and the disease totally disappear.

Any application in the first instance is unnecessary and improper till the abscess break, when it should be cautiously touched with the caustic called nitrated silver, cut to a point, which by destroying the cyst or bag entirely removes the complaint. When the stye is small, or hangs by a very narrow base, it may be safely cut off, or tied tight by a thread of silk or a horsehair, and when separated, should be touched with the above caustic.

Deafness.

A TEMPORARY deafness often occurs to children from slight colds, and which goes away naturally in a few days. If it do not, the ears should be

kept warm, and purgatives administered. Where it proceeds from hardened wax, the ears should be syringed with warm water, and lavender or honey-water; then the composition mentioned in the Appendix be dropped into the ear night and morning, and a bit of cotton afterwards loosely inserted.

The most obstinate deafness is that which proceeds from the want of a due secretion of the wax. When this happens, blisters should be applied behind the ears, and a few drops instilled into them, of the soap-liniment, turpentine, oil of almonds and ether, or other warm acoustics. A clove of garlic, raw or roasted, inserted in the ears has restored the secretion; as have sneezing, and particularly electricity. This last remedy is the most efficacious when the affection lies in the nerve.

Abscess in the Ear.

THIS seldom occurs till the child be upwards of a year old, when foetid discharges take place from the inside of the ear, with or without inflammation, the ear being sore externally. The matter should be frequently wiped; cooling purgatives, and cleansing injections used, and if necessary, warm acoustics, as recommended for deafness,

should be dropped into the ear. Should these fail, a blister may be applied, and kept open on the nape of the neck, purges of calomel, taken every other day, and in the intermediate days, very small doses of the powders of quicksilver and sulphur. In the worst cases, fumigation with the red sulphurated quicksilver, and quicksilver with sulphur mixed, should be given evening and morning.

Induration of the Breasts.

THIS female complaint does not take place till about the time the breasts begin to enlarge; when they are apt to swell and become hard around and behind the nipple, attended with severe shooting pains. It is often induced by scrophula, and sometimes a morbid schirrus has been feared. Alarming, however, as this complaint appears, it is not attended with danger; the primary cause is an irritability of habit, connected with that distention which nature promotes at a certain age. All that is necessary by way of remedy, is to keep the body cool, and if the pain be very great to apply a bread and milk, or *Goulard* poultice.

Whitloe.

THIS sort of abscess of the fingers frequently attacks young persons in a very mild way, being merely cutaneous. Poultices of bread and milk are improper for it, though in general use. When a poultice is necessary, it should be made with the water of acetated litharge, and applied moderately warm; after suppuration has taken place and the matter is discharged, the sore may be dressed with yellow basilicon, or other digestive ointment. In the Appendix will be found a mixture for washing the fingers, and which is much recommended as a preventive.

Boils.

THE common boils, which so frequently make their appearance about puberty, are not to be considered as a disease, but one of Nature's salutary discharges at this critical period. Where the situation of the boil will permit it, a poultice of bread and milk should be applied; otherwise a gum-plaster; and as soon as the boil breaks, a bit of basilicon put over the sore; but no attempt should be made to repel it, or dry it hastily up.

Two or three doses of physic should be taken after the boil is healed.

Chilblains.

THESE troublesome sores are generally occasioned by the feet or hands being kept long wet and cold, particularly among snow, and afterwards suddenly heated. Hence they frequently occur to children, who, when they are cold, so readily run to the fire, which affects them more than adults.

When the parts begins to look red and swell, they should be rubbed with mustard and brandy, or something else of a warm nature, then covered with flannel, and kept warm and dry. Very cold remedies are also of service, especially snow, rubbed over the whole body, particularly the parts affected; or where snow cannot be had, cold water, or flannel sprinkled with spirit. The patient should then be put to bed, and kept warm. If there be no sore, it may be drest with a plaster of some drying ointment. Chilblains are hardly ever attended with danger, and as they generally occur in the extremity of winter, they heal naturally on the return of mild or warm weather.

Ulceration of the Navel.

THE separation of the cord takes place generally in four or five days; but sometimes not before a fortnight; when it is so late, the cord usually hangs for some time by a small thread, which safely can, and ought to be cut.

When there is an ulcer in the part, in consequence of the separation, the common applications of a bit of singed linen cloth, a toasted raisin, and dusting the part with hair-powder, or the powder of ceruse, are usually sufficient; or in cases of a very great discharge, and the part appearing indisposed to heal, three or four small pieces of a soft cabbage-leaf, applied over one another, and kept moist and cool during the discharge, will be attended with a good effect.

It is more unpleasant when the part becomes sore some weeks after it has appeared to be healed, and which seldom takes place where the skin of the belly has extended an unusual way on the cord. Here a thin discharge is copious, disappearing and returning irregularly, with a raw appearance of the part, which should be covered with cabbage-leaves, a poultice of bread and milk, or of compound water of acetated litharge, or decoction of the bark, as it may be more or less healed, and

the raw part touched with nitrated silver, blue vitriol, or the powder of calamine stone.

Sometimes a more alarming ulceration takes place and is almost uniformly fatal. Here the sore spreads over the greater part of the belly, and frequently mortifies. This, however, is most commonly the consequence of some other disorder. Fomentations, poultices, cordials, and bark, are the only remedies that can be of any service.

Bleeding from the Navel.

SOMETIMES, after an unkindly separation of the cord, there is an oozing of blood from the part, owing to a shooting up of a soft fungus or proud flesh, which prevents the skin from properly covering the divided vessels. The small vessels whence the blood issues, lie too deep to be secured by ligatures; a proper compress must, therefore, be adapted and secured by a sticking-plaster and bandage, which should be continued for two or three weeks; or it may be restrained by a small dossil of lint, with strips of sticking-plaster, as mentioned in the next article.

In infants, in a bad state of health during the month, there occurs a symptom of bleeding, which is reckoned a bad sign. It takes place where the navel-string has been apparently healed, but the

skin afterwards gives way, and occasions a considerable discharge of blood. This should be suppressed as soon as possible, by the application of a little warm oil of turpentine or other styptic.

Ruptures.

OF these we shall first take notice of the *rupture of the navel*, which is sometimes complicated with the *ventral* or *belly rupture*, and is occasioned by the strait muscles, the long tendon, called *linea alba* being there deficient, and thence the parts are too weak to confine their contents. The simple navel-rupture, which is a very common complaint, may be easily cured by adapting a pyramidical compress of round pieces of sticking-plaster, spread on thin leather, with bits of card placed between them, or what is still easier a bit of bees' wax of the size of a shilling, and half an inch thick fastened on the navel with a pretty tight bandage. The cold bath is also extremely useful, and will of itself sometimes effect a cure.

If this rupture be complicated with the *ventral* or *belly-rupture*, or indeed whether it be or not, it is a good plan to bring the parts together, by means of three or four strips of sticking-plaster spread on leather, applied star-wise across the navel, which should be renewed when they loosen,

as the keeping the parts closely confined is essentially necessary.

Ruptures at the groin, when they happen to children in infancy, may generally be cured by the cold bath. If a rupture, however, be very large, and the infant fretful, recourse may be had to a steel truss, taking care that it be kept in its place; and at all events, if it continue till the child be running about, a truss becomes indispensable, while the bathing should never be dropt.

The watery rupture, which is apt to appear at the birth, is a distension of the purse similar to that of the same disorder in adults. It is to be distinguished from the common rupture, by the tumours being transparent, without pain, and not retiring on pressure, nor being increased by the child crying.

It is attended with no danger whatever, and the water may be removed several ways without inconvenience. The smoke of burning gum-benjamin received on flannel and applied to the part, or compresses wetted with vinegar and water with a little spirit or a solution of sal ammoniac are good remedies; but the readiest mode is to puncture the bottom of the tumour with a lancet, whereby also any blemish is removed.

Measles.

THIS disease is considered as to have been originally the production of the warm countries of the East, and appeared much about the same time as the small-pox. It is highly infectious, attacks the same person but once in life, and in this country is most prevalent among children in the spring season. Of itself the disease is rarely known to be fatal, though from the particular nature of the infection attacking the throat and breast, it is apt to prove fatal in its consequences, where a disposition prevails of scrophula or weakness of the lungs.

The first symptoms of measles are those of ordinary fever, namely, the alternation of hot and cold fits, with sickness and loss of appetite. The tongue is white and moist; a short tickling cough prevails, and what particularly distinguishes the complaint is a heaviness of the head and eyes, with a running at the nose. The inflammation and heat of the eyes generally increases and is accompanied by a defluxion of sharp acrid water, with much pain on exposure to the light, and not unfrequently with swelling of the lids, occasioning almost blindness. The throat is also a part much complained of by the child; and previous to the

eruption a vomiting or looseness generally prevails. The stools are of a greenish cast; the skin feels hot and itchy, and occasionally a discharge of blood takes place from the nose.

About the fourth day the eruption appears in the form of small spots, resembling flea-bites, with little or no prominence. From the face, where they first appear, they spread to the neck, and extend themselves to the different parts of the body. With the appearance of the eruption the different symptoms of fever increase; the cough becomes more troublesome, attended by a difficulty of breathing, though the vomiting, or affection commonly ceases. About the sixth or seventh day, the disease takes a turn; the eruption becomes pale on the face, and afterwards on the rest of the body; by the ninth day it totally disappears. The fever, however, does not then entirely depart, and frequently, where the disease is of a bad kind, it is known to increase. Where death happens in this disease, it is found to be in consequence of inflammation of the lungs. The favorable symptoms to be judged of, are the state of the skin and bowels. Where the skin feels soft and moist, and the bowels are moderately loose, a favorable opinion may be generally formed. A plentiful discharge of urine is also considered as a good criterion to go by.

The sudden disappearance of the eruption is

always an unfavorable symptom, and when the disease appears to turn too soon, a similar inference may be drawn. Purple or black spots in the skin lead to the same unfavorable judgment of the complaint, and if cough and hoarseness increase towards its termination, a tendency to consumption may be suspected.

The treatment of measles requires more caution than that of the small-pox, and from the affection of the throat and lungs, the same exposure to cold would be improper and even dangerous. The child should be kept in a moderate temperature, but barring this, every other part of the treatment under inflammatory diseases is to be adhered to. When the fever runs high, with difficulty of breathing, and apparent oppression on the chest, bleeding may be necessary, more than once. The same attention will be useful to preserve the bowels open, if a natural looseness do not come on. The cough is to be obviated by the use of demulcent and oily medicines, such as spermaceti, oil of sweet almonds, &c. The moisture of the skin will be promoted, and dryness taken off, by frequently bathing the feet and legs in luke-warm water. Diluent acidulated drinks are to be freely given at all stages of the disease.

If the fever succeeding the eruption be very strong, and the lungs seem much affected, both bleeding and blisters may be necessary, and should

in no case be dispensed with, from the danger of consumption. Where, instead of this state, the patient, towards the end of the disease, falls low, and purple or black spots appear, wine and cordials will be well given, to support the strength, and assist nature in effecting a favorable termination. The bark has been here recommended, joined with acids, to counteract the tendency to putrescence.

In this disease, opiates should be cautiously administered, though they may be sometimes necessary, where the irritation of the cough is very great, or where the bowels are in too loose a state, but no sudden suspension of any discharge should be allowed to take place. As the measles are a highly inflammatory disease, purging has been reckoned a necessary practice after their departure, to free the habit from any remains of the disorder; and where this is neglected, children have been found subject to various inflammatory affections, particularly sore eyes, supposed to originate from this cause.

For the same reason, after the colouring, caution should be observed in regard to regimen. The food ought to be light, and given in small quantities, while their drink is of a diluent and opening nature. The child should be carefully kept from much exposure to cold, and any cause which may produce irritation on the lungs.

This disease has been communicated by inocu-

lation, as well as small pox, and in all such trials as have been made, a milder species has been produced than when received in the natural way. The infection can only be conveyed by the blood, by some piece of apparel which has continued on the patient during the whole of the disease, or by some of the sharp watery humours which distil from the eyes. None of these methods, however, are much relished; but as the eruption affords no matter, we have no alternative, whence inoculation for this malady will never become general.

Small-pox.

A more fatal disease than the former is small-pox; which has, for a length of years, been the scourge of Europe. It is of all diseases perhaps the most contagious, and although affecting children but once in life, few or none are ever known to escape it. Its attack appears most commonly towards spring, is frequent in summer, less so in autumn, and is rarely seen in winter.

This disorder is properly divided into two species, the *distinct* and *confluent*, terms borrowed from the appearance of the eruption. The distinct sort begins with the usual symptoms of fever. Children become dull, restless and drowsy, a few

days before the more violent symptoms appear. When the fever is fully formed, which is accompanied by pains of the head and loins, vomiting, &c. the skin feels hot, the pulse is considerably quickened, and there prevails great restlessness. The sleep is interrupted by frequent startings, and the wakening with a sense of horror; while not unfrequently one or more convulsion-fits precede the eruption.

About the third or fourth day, the small-pox begin to appear, in the form of flea-bites, and from the face they proceed to the different parts of the body. The pustules continue to come out gradually for several days after this first appearance. In the distinct sort, they are marked by a florid red basis, and they fill with a thick, purelent matter, first of a whitish, and afterwards of a yellowish colour.

In the confluent small-pox, the eruption is generally more early than in the distinct species. The number on the face also is very considerable; and it is from this part, or the appearance of the small-pox here, that the distinction of the disease is generally drawn. The pustules in the confluent sort assume soon a livid, brown colour, or they are small and flat, with black specks in the middle; instead of matter, they contain, in general, a watery ichor, and if they blacken, they run into each other.

In this disease, the most unfavorable symptom is the appearance of black and purple spots, and of the pustules. These mark the putrid state of the habit, and point out the extreme danger. When no swelling of the face occurs, or it is so temporary as to fall before the maturity of the disease, it affords an unfavorable presage of the issue; but if it begin to fall about the eleventh or twelfth day, and at the same time, the hands and feet swell, a favorable judgment is to be formed of the case. Cold shiverings at the height of the disease, and much nervous irritation, as displayed by the grinding of the teeth, are reckoned unfavorable symptoms.

No disease agrees so well with a cool regimen as small-pox, and the great merit of modern practice has been introducing freely the application of cold for its cure. The child should be exposed to the cool air during the whole period of the complaint; he should drink freely of weak, acidulated liquors; his food ought to be light, and nothing should be given in the way of cordials.

Next to cool air, strict attention should be paid to cleanliness, and the linen should be changed every day, or as soon as any absorption of matter seems to take place. If the fever, previous to the eruption, run very high, bleeding may, perhaps, be necessary; especially with a strong constitution and full habit. The bowels should be opened at

the same time, by means of clysters; and when the stomach requires to be unloaded, Nature may be assisted by drinking camomile tea.

When the eruption has once appeared, the after-treatment must be directed by circumstances. If the disease assume a confluent form, then, instead of a low regimen, cordials, particularly wine and antiseptics, to resist the tendency to putrefaction, as the bark and acids, will be necessary. Particular symptoms will also require an appropriate treatment. Thus, where there prevails much restlessness, after the eruption has appeared, the use of gentle opiates will both relieve this state, and also tend to cause the small-pox to fill and mature. If a tendency to stranguary or suppression of urine, take place, a little dulcified spirit of nitre will be a proper remedy, and a copious discharge of urine is always salutary in this disease.

When the tongue and mouth are dry and parched, gargling or washing them with honey and water or other mild antiseptic lotions will do much service, and add to the comfort of the patient.

Costiveness is generally an attendant on the small-pox; and this symptom, which tends to increase fever, will be best removed by an emollient clyster administered every second day.

The worst symptom is the appearance of purple or

black spots among the pustules. Here the Peruvian bark and acids form the most certain means of treatment; and the bark must be given in such quantities as the stomach will bear. The same treatment applies equally where the pustules do not rise, and contain only clear water, instead of a proper suppuration. The changes produced by the bark in these cases are often very surprising.

The sudden subsiding of the eruption in the early stage of the disease is always a most unfavorable mark. Blisters should, in this case, be applied, without delay, to the extremities, and the patient's strength be supported by cordials.

The management of the secondary fever, which follows the maturity of the eruption, may be considered as the critical part in the treatment of small-pox; for it is under this fever that children generally die of the malady. The crisis usually takes place by an appearance of loose stools; and if Nature be unable to effect this crisis, it should be promoted, while the strength of the child is at the same time supported by food and drink of a nourishing and cordial nature.

The danger of the secondary fever arises mostly from the absorption of matter, and when the pustules seem much loaded by it, it has been proposed to open them by puncture, in the same manner as has been done with other inflammatory

tumours. A needle, or lancet, is sufficient for this purpose ; and, where the attendants will take that trouble, it will always give a certain relief in moderating the fever, even though the pustules fill again. It also takes off the tension from the skin, and has some effect in lessening the pitting, a circumstance justly desired by parents.

When the disease has once terminated, it is common to carry off its remains by physic ; but this is less necessary, if the practice already enjoined in the secondary fever be attended to ; at any rate a few doses only of physic will be required.

After the small-pox, abscesses or imposthumes are sometimes apt to happen, particularly with children of a scrophulous constitution, which require some attention. They should be brought as soon as possible to suppuration, by a proper application of poultices ; and after suppuration has taken place, some physic may be administered. The cold bath will form a proper conclusion to this plan.

Small-pox, as well as measles, often lay the foundation of consumption ; but it is generally in habits predisposed to this disease, especially in the children of those families where a schrophulous habit prevails. Wherever, then, cough and difficulty of breathing succeed this disease, such an attack is to be dreaded. By way of prevention

the child should be moved to a favorable situation for air, and a course of ass's milk, or other suitable regimen enjoined.

Inoculation.

THE fatality of the small-pox, when caught in the way of infection, soon put those in the countries where it first appeared, on the plan of attempting to render the disease milder, and preventing the danger arising from it, by inoculation. The methods of performing this have been variously produced, since its introduction. It has been performed in Europe for upwards of a century; and whatever method is adopted, its general principle proceeds on introducing into a distant part of the body, under the skin of some part of the extremities, a small portion of the virus or matter, which in this way passes slowly into the system, and does not, in the first instance, till the body be habituated to its irritation, affect any vital part.

No discovery has been so beneficial as this in the practice of physic. It has saved the lives and faces of incalculable numbers, and by its general adoption, the extermination of the disease has been often expected. When this operation was first introduced, the mollification of the

disease was lost sight of, and the previous caution of *preparing the patient* was considered as the measure on which the success depended. Later experience, however, in other diseases as well as this, and particularly in the plague itself, has shewn, that little is to be attributed to this boasted previous care, and nothing but the operation is the source of all the advantages drawn from this process. Hence all preparation is unnecessary, and often injurious, when the child is naturally weak and delicate.

It cannot be too much inculcated in the female sex, that the operation should be performed by themselves. By this means, they will at all times be enabled to guard the child from catching the disorder in a natural way, and to give that relief which either the absence of a medical man, or the means of remunerating him may prevent when required.

The mortality of the natural small-pox has been rated at not less than one in every four or five attacked by them; while from the inoculation not one in a thousand is exposed to the same danger. The prejudices which at first opposed this practice are now much done away. Religion, which is meant for the best of purposes, was here employed for a considerable time, to counteract its progress; but reason and reflection have obviated all the misguided arguments which, at differ-

ent times, have been brought forward on the subject; and the propriety of the operation is acknowledged by the general consent of mankind.

The period at which inoculation ought to be practised is from three to five months; that is, as soon as children can receive the infection, and before the teething-period commences. Very young children, it is well known, will not take the infection, and many experiments have been made, which prove that no child is susceptible of it till after the first month. It may also be observed, both that some constitutions are at all times incapable of receiving this infection, however exposed they may be to its attack; and there are others which will withstand it for a length of time, under every circumstance of exposure to the contagion, and afterwards, at some particular moment, when least expected, fall victims to the poison of the disease.

The method of performing inoculation is now reduced to the greatest simplicity. The point of a lancet, tinged with matter, is slowly introduced between the outer and inner skin, above the elbow, till an appearance of blood take place; it is then withdrawn; the part covered with a small bit of rag to prevent the child scratching or rubbing it; and nothing more is necessary to ensure the success of the operation. Sometimes two punctures are made within a little distance of each other,

that there may be no chance of the operation misgiving. In the course of three or four days the arm generally inflames, and shews marks of the poison acting upon it; a pustule gradually forms, from which matter is supplied to infect the rest of the system. This generally takes place in eight or ten days, from the period of the operation, and is preceded for a day or two by general symptoms of fever. The pustule is somewhat smaller than in the natural pox, and goes also much sooner through its progress.

The treatment of inoculation, from this view, requires to be very simple. The child from the first should be kept regularly cool. If it be accustomed to any animal food, this may be abridged, and the bowels should be kept moderately open. It is unnecessary, however, to carry the cool regimen to any extreme; if the fever should run high, along with an exposure to cold, an occasional opiate may be given, to hasten the maturation.

It has been made a matter of much importance from what child the poison was received, from the danger of its either being of a bad quality, or liable to introduce other diseases. With respect to the former, little is to be dreaded, as matter taken from a child who has died of the confluent small-pox has been equally successful, when introduced into the system of a healthy child, as that

taken from the most favourable case of the inoculated small-pox. This is a farther proof that the operation itself is a leading circumstance.

In regard to the second, constitutional diseases cannot be inoculated; these, it is well known, arising more from the particular organization of the solids than any state of fluids, and being only a consequence of this organization. It is, therefore, of little consequence from what individual the matter of small-pox is taken, as it has no influence, it would seem, on the appearance of the future disease; that being connected entirely with the constitution of the individual into whom the matter is inserted. One remark may here, however, be made, that the inoculated small-pox is, in many respects, a different disease from the natural one, although it stand in the place of it. Taking the matter, then, from the inoculated, instead of the natural, may tend somewhat to render the disease milder than it would otherwise be, a circumstance that should give it the preference. These reflections we deem it necessary to make, as the chief objections used against inoculation have arisen from the supposed quality of the matter. Facts and experience, however, entirely oppose this opinion; and every mother may rest satisfied, that no injury can arise to her child from this source.

But though inoculation has been productive of such good effects, the mortality from small-pox

has not diminished; from the circumstance, that inoculation has not been general at one time in the season; but taking place with different individuals at different periods of it, the poison or matter being thus kept afloat; and numbers have been exposed to its attacks in the natural way. To avoid this, many attempts have been made to engage the community, at one period of the year, to concur in a general plan of inoculation; but this has generally failed. It is, however, now the less to be regretted, as of late a still greater improvement, than even inoculation itself, has been introduced, that is, the substitution of another disease, as a preventive of small-pox, and with a view entirely to eradicate the latter malady.

Cow-pox.

THIS preventive cannot be too much inculcated. Lately as it has been introduced, it has so much employed the attention of the medical world, both in this and in other countries, that its efficacy may now be pronounced certain, and under the auspices of the *Royal Jennerian Society*, we may confidently look for the complete eradication of the small-pox.

As the remedies, in the few cases where they

are required, are exactly similar to those in the small-pox, our observation on the vaccine inoculation will necessarily be short and general.

The volumes that have within these few years been written on the subject, although important to the highest degree, are principally intended to bring forward to scientific and professional men the facts and cases respecting so great an innovation, in order to ascertain fully the propriety of its universal adoption. It has been clearly proved,

1. That the cow-pox is a disease so trifling as hardly to deserve the name; nor has there been one instance, among the innumerable thousands on whom it has been practised, where the patient, whether child, or adult, has died under this complaint, unless where connected with other fatal diseases, or where the vaccine inoculation has been performed after the natural small-pox has, by contagion, taken place.

2. That it is not contagious, so as to be communicated by effluvia, and that in this respect, inoculation may be performed on one or more of a family, without danger to the rest.

3. That it neither induces scrophula, sore eyes, other morbid affection, nor leaves behind it any of those marks of deformity so much the consequence of the small-pox.

4. Lastly, and principally, that it is a complete preventive of the small-pox.

Cases have unquestionably been produced by a very laudable industry, of its apparent inefficacy as a preventive against the small-pox; on which only three observations are here at all necessary to be made. 1st. That these cases, among so many thousands, are like a drop of water in the sea. 2dly. that there are so many latent circumstances respecting the particulars of the inoculation in these cases, that, however plausible they may appear, they are by no means to be considered as decisive, that after vaccine inoculation the small-pox may take place; and 3dly. that after inoculation for the small-pox, and even after the natural small-pox, there are some instances of that disorder having again been experienced by the same individual.

On the introduction of inoculation for the small-pox, every argument used against the cow-pox was brought forward, and then apparently on stronger grounds. The experience of physicians, and mankind in general, has long testified, that these objections were unfounded, and the benefit of that mode of prevention has long got the better even of popular and anile prejudice. With respect to the cow-pox, we trust its triumph will very shortly be complete.

The faculty, it is well known, are fastidiously cautious in the introduction of any new practice, without the fullest proof of its good effects. The vaccine inoculation has, after the most mature

investigation of its properties, received the decided approbation of the most eminent physicians, not only of this country, but of all Europe, as well as America; and will mothers, after such irrefragable evidence, withhold their acquiescence in this safe and salutary practice, while they give ear to the improbable, unestablished, and dangerous nostrums of ignorant and irresponsible empirics?

The only real difficulty respecting inoculation of the cow-pox, is the genuineness of the vaccine matter. That objection is completely obviated by the meritorious attention of the Royal Jennerian Society, and every person may, at their numerous stations, be confident that none but the *genuine cow-pox* will be communicated.

It is only necessary here to add, that at the BRITISH LADIES' INSTITUTION, children or adults, of every description and rank, will be inoculated with the genuine cow-pox, on their simple request, without recommendation and without expense; and will also receive all necessary medicines, gratis at the expense of the Institution.

PART THE THIRD.

Of the Menstrual Discharge.

HAVING in the preceding part instructed mothers in the treatment of their children, in health and in disease, we now proceed to a subject on which it is no less the duty of a mother to inform her daughter, when arrived at the critical period of puberty. A praise-worthy, but false delicacy, prevents girls from consulting even their mothers, on this point; it is therefore necessary for the latter, by proper instruction, to prevent those evils which may follow from ignorance or negligence, on the first occurrence of this discharge of Nature, a period on proper attention to which the future health and happiness of the female in a great measure depends.

Girls usually begin to menstruate about the age of fourteen or fifteen, and sometimes so early as twelve, even in this country. At that time of life, therefore, in particular, exercise in the open air

cannot be too much inculcated. It gives tone and vigor to the body ; and the change of constitution occurring at this crisis is uniformly for the better, where this has been attended to ; whereas to the inactive and indolent, the change is materially for the worse ; if they do not fall immediate victims to the green sickness and decay, they are relaxed and weak, lose their complexion, and become invalids for life. Such considerations should induce parents of all ranks to encourage and oblige their daughters, at this period, and indeed all their life before it, to take as much wholesome exercise as their situation will permit. Those in opulent or easy circumstances can have no excuse for inactivity, and among the lower order of people, the money earned by their daughters in a constant sedentary life, previous to and at the time of puberty, will badly compensate, even in a pecuniary view, for a state of bad health entailed on them during the rest of their life.

Nor is activity alone to be consulted. Mirth and cheerfulness, and a proper indulgence in sprightly and innocent amusements, are of the utmost consequence both to the health and disposition of the female, whose duty it is now to lay in a stock of health to withstand and repel the decays of age. The grave and serious misses in their teens seldom fail to become a prey to vapours and hysterics. Now, and at all times during the

menses, any excess of the passions should be as much as possible guarded against. Anger, fear, grief, and other affections of the mind often occasion incurable obstructions.

Food is a most important article at this period, and particularly to abstain from all that trash of which girls are then so fond, and which greatly tends to produce not only obstructions of the menses, but also glandular obstructions, particularly scrophula, where there is the smallest disposition to it in the system. While they are out of order they should avoid every thing that is cold, apt to sour on the stomach, hard of digestion, or which generally disagrees with them. If proper attention be paid to this, and the preceding articles of exercise and cheerfulness, there will be no occasion for those nauseous drugs which many mothers are so fond of administering on this occurrence.

Dress too is a matter of consideration; fortunately, however, Fashion does not now prescribe to women the pressure of their bodies into the smallest possible compass, in order to give a very false beauty to the form, and amend Nature. It is, therefore, only necessary to observe, that the body cannot be too loose and uncompressed.

Cold is likewise particularly to be avoided, not by keeping pent up in a close room, but by taking care of wet, damps, &c. as at this time

colds are both more easily caught, and more dangerous than at any other. This, as well as most of the preceding observations, apply not only to the first appearance, but to every future recurrence of the discharge.

The approach of this critical evacuation is preceded by paleness of countenance, lassitude, oppression, loss of appetite, head-ach, pain in the loins, distension and hardness of the breasts, and sometimes slight fever; and every thing should then be done to promote the flux and prevent obstructions, as sitting over the steam of warm water, and drinking warm, diluting liquors.

In case of any obstruction of the flow, proper means should be used to restore it, as exercise in the dry open air, wholesome diet, and, where the body is weak and languid, generous liquors, cheerful company, and agreeable amusements.

The medicines to be recommended depend on the cause of the irregularity. In a woman of a plethoric habit, or where the obstructions proceed from a viscid state of the blood, attenuating medicines must be employed, as bleeding and purgatives; she should live on a spare diet, with weak drinks, and bathe her feet frequently in warm water, taking, twice a day, a tea-spoonful of the tincture of black hellebore in a cup of warm water.

Where, on the other hand, obstructions pro-

ceed from a relaxation of the system, medicines should be administered to promote the digestion, and brace the body, as bark, iron, and other bitter and astringent remedies.

When they proceed from affections of the mind, every means should be taken to divert the patient. Agreeable and soothing, but lively company, exercise, and often a change of air and scene, will be attended with the best effects.

Other maladies are often the cause of an obstruction of the menses. When this is the case it might be dangerous to give medicines to solicit the discharge; but every care ought to be employed to restore the patient to health, according to the nature of the disorder: with health the menses will return spontaneously.

At the age of forty this discharge is apt to become irregular, and the irregularity, if continued any time, is often followed by what is termed a *flooding*, or overflow of it. Of this we have elsewhere treated, as we have likewise of the whites, or *fluor albus*, a disease attendant on the discharge.

The menses generally cease entirely about the age of forty-eight or fifty, a period not less critical than that of their first appearance; hence more women die about this time, or fall into chronic diseases, than at any other period of life. When, however, they get well over them, they are apt to be more healthy afterwards than at any preceding period.

Women of a full habit at this crisis should abate somewhat of their usual quantity as well as quality of food, taking sufficient exercise, and keeping the body open. Should ulcerous sores break out in the ankles, or other parts of the body, these should be suffered to continue open, as they are of benefit, instead of injury, to the constitution.

Of Barrenness.

THIS subject is very nearly connected with the last, it being chiefly owing to obstruction or irregularity of the menses. It may also proceed from high living, relaxation, violent passions, and other causes; and is not only unpleasant in itself, but a source of various disorders; barren women seldom enjoying a state of sound health.

High living is evidently a source of infecundity. Hence we see the affluent often without the satisfaction of issue, while the humble cottager, with the most simple fare, is seldom without that blessing. Rich living, however, is not the sole source of this; a relaxation of the solids, from want of exercise which too much attends affluence, especially in females, is a great co-operating cause. "Would the rich," says a judicious author, "use the same sort of food and exercise as the better sort of peasants, they would seldom have cause

“ to envy their poor vassals and dependants the
 “ blessing of a numerous offspring, while they
 “ pine in sorrow for the want of even a single
 “ heir to their extensive domains.”

These causes produce, as we have before observed, irregularities of the menstrual fluid, which almost uniformly accompany barrenness. The remedies, therefore, will so far be the same; but where barrenness prevails, every strengthening remedy should be employed. Exercise in the open air is the first great article, and hardly less so the cold bath, with a proper use of astringents, such as bark, steel, alum, dragon's blood, elixir of vitrol, the Spaw or Tunbridge waters, &c. The diet should be chiefly of milk and vegetables; so nutritious and salutary, that there have been frequent instances of a want of progeny for a number of years, being followed by the propagation of healthy and fine children, by keeping *both parents* on a milk and vegetable diet.

As the passions, in obstructing the menstrual discharge, of course, effect barrenness, the same means of diverting the mind in such cases must be resorted to, as recommended under the last head.

We have had repeated occasion to caution our fair readers against the delusions of quackery. In no particular is this caution more necessary than in the subject before us. The plausible and alluring

advertisements of these impostors cannot fail to attract females anxious to be mothers ; the specific, being composed of stimulating ingredients, which excite the passions of the patient, these effects are gladly felt as proofs of its efficacy ; while, in fact, instead of strengthening, it enfeebles the system, and induces diseases most fatal to the constitution. The same observations apply to the numerous receipts of old women in this interesting malady ; all of them act on the same principle, and with similar ruinous effects ; all of them are apt to render incurable a defect which might otherwise have been remedied by the simple rules and means before recommended.

Means of recovering apparently Still-born Children.

THERE are many instances of children born without any apparent sign of life, who have, by proper means, been happily restored. These means consist of heat, stimulants, and blowing forcibly into the windpipe.

The infant should be entirely covered with very hot cloths, renewed as fast as they cool, or the body be immersed in a tepid bath of salt and water, or milk ; the body should be rubbed all over with hot cloths and with brandy, and strong

stimulants applied, as the smoke of tobacco, the juice of onions, brandy poured on the chest and navel string, striking the child's breech and soles of the feet, stimulating the nose or throat with a feather, putting a little pungent snuff up the nose, and every similar means calculated to excite a strong effort, particularly that of sneezing or crying. To this end, blowing into the windpipe, by a blow-pipe, or simply through the mouth, has been found very effectual; as has a tobacco or other stimulating clyster, and no less so a cautious use of electricity. Where there is not an absolute certainty of the child being dead, a perseverance in such remedies is a duty incumbent on the Midwife or Medical Attendant.

CONCLUSION.

HAVING considered, in detail, the various and important particulars necessary for the instruction of Female Midwives, as well as of Women in general, particularly Mothers and Nurses, first, in regard to the regimen and conduct of pregnant women, and their delivery, with the treatment of female disorders, especially those connected with this subject; and, secondly, respecting the management and diseases of children; I shall now offer a few additional remarks, either to enforce the observations already made, or which could not with propriety find a place in the body of the work. These I shall communicate, miscellaneously as they occur, in the same simple and familiar manner which it has been my study to preserve, as far as the subject would permit, throughout the book; satisfied that I shall thus much more benefit my readers, than by an injudicious parade of learning or rhetorical declamation; the object

of my labours being, not to tickle the ear, or amuse the fancy, but to correct the errors, and inform the understanding, of my fair countrywomen; and to impress on them the beneficial consequences of a dereliction of bad habits and improper prejudices, and the adoption of a rational and salutary treatment both of themselves and their offspring.

I trust, after an attentive perusal of the preceding Treatise, women of all ranks, from the highest to the lowest, will be convinced, that their own sex may be sufficiently initiated in every branch of the obstetric art, to be employed with confidence, as assistants of Nature, not only in the easy and safe process of a common delivery, but in the most difficult labours, except where an indispensable surgical operation, or the otherwise diseased state of the patient's health, requires the interposition of a male practitioner.*

LADIES OF GREAT BRITAIN! assist me to impress these truths on your sex; render general this employment of women, which now illustrates

* Mrs. NIELL, an eminent midwife, published, in the year 1760, a Treatise on Midwifery, ably advocating the cause of her sex in this profession, against the men-midwives and their instruments; in which she states, that *during two years* that she attended at the *Hotel Dieu*, at Paris, when there were five or six hundred women a month to deliver, *she never saw one case where instruments were necessary.*

some of the most elevated rank and brilliant accomplishments, and thus set a noble, a patriotic example, to those of inferior station! Assume the delightful task of suckling and personally training the interesting fruits of your connubial state; nor leave these pledges of love to the care of mercenary, injudicious, and often diseased nurses! Experience will soon convince you, that no pleasures of fashionable life can communicate the enjoyment experienced by a mother nourishing and educating her child.

Fashion and example, joined to apprehension, blunt sensibility, and those finer feelings which form the highest ornament of the female character; else the English Ladies, famed for propriety and correctness of conduct, beyond those of every nation on earth, would never submit to the indelicacy inseparable from the presence of a man, in the various consultations during pregnancy, and at the operation of delivery itself; in the process of which such liberties *must* be taken, as, however offensive, at first, can hardly fail, on repetition, to vitiate and deprave the mind. Female delicacy is of so fine a texture, that the smallest deviation from its strictest laws is attended with irrecoverable danger; and when once this fragile outwork is in the least discomposed, female virtue has abandoned its most effectual support. It is, perhaps, neither harsh nor

unjust to presume, that the frequent instances in modern high life of the pollution of the marriage bed derive their source, in a great measure, from the free intercourse between married females and their medical attendants.

The introduction of men-midwives, as I have elsewhere observed, is of modern date in this country; yet it may be boldly said, that as many children were safely brought into the world in former ages, as since the introduction of this indelicate French custom, so much assimilated to the manners of that nation, where no woman blushes to perform before her male visitors or domestics, the most private details of the toilet. I may also assert, that if now, for the first time, a man-midwife, however eminent or expert, were to arrive from Paris, and offer his services to the pregnant ladies of this island, every one would shrink with horror and disgust from the indelicate proposal; they would rather hazard any consequence under the operation even of the most unskilful woman, than suffer this outrage against modesty and decorum.

The only excuse that can be offered for the employment of men in child-birth is the want of proper education, and the consequent ignorance of the women who now officiate as Midwives. To remedy this unquestionable defect, and to render women sufficiently skilful in this their natural

employment, is the purpose of the present work ; it is the end of the propositions contained in the Introduction, for rectifying the system of Midwifery ; and it is the primary object of THE BRITISH LADIES' INSTITUTION, which I have had the honor and satisfaction of instituting, and which the liberal patronage of its noble and distinguished supporters has enabled me to bring to its present state, so as already to have fully commenced its charitable career of delivering indigent pregnant women at their own houses, * and will, I trust, soon be the means of diffusing such extensive instruction in Midwifery, that the objection above alluded to against female operators may, in a short time, be obviated. I hope those ladies who have so warmly interested themselves to promote this incipient undertaking, will extend its benefits, by recommending respectable young married women, or widows, belonging to their country estates, to attend the lectures, and assist at the labours of the Institution, so far as to perform this useful office in the parishes where

* The first patient was received on the 15th May, 1805 ; the first delivery took place on the 15th June. Since that time 47 patients have been recommended by her Royal Highness the Duchess of York, the Duchesses of Bedford, Beaufort, Roxburghe, Ladies Winchester, Headfort, Harrington, Darnley, Pembroke, &c. &c. &c. besides various unfriended objects, without recommendation. Twenty four have been safely delivered, and supplied with necessary medicines and child-bed linen, and a great proportion of the rest expect to lie in daily, 1805.

they reside. To promote, as far as possible, this part of the plan, it is now resolved, that such females shall, on the recommendation of subscribers, be admitted, *gratis*, to the lectures, as well as the practical instruction.

In conducting this Institution I am confident that I shall have the sanction of the most respectable physicians,* whose liberality of sentiment cannot fail to give support to an undertaking so eminently useful, and who have given so many instances of their general philanthropy, surmounting every selfish consideration. But, were even such a revolution to take place, that no man-midwife whatsoever were employed, physicians would in fact be rather gainers, even in a pecuniary point of view; as most ladies of rank or opulence, while they employed a women in the operation itself, would at the same time be desirous of the advice of a physician; and on that principle, this most respectable part of the Faculty would be frequently called in to advise ladies, who now trust the whole process to the man-midwife.

It is also certain, that a Midwife, from her quickness of apprehension, and her want of pretension to skill in physic and surgery, will be ever readier to call in the assistance and advice of a physician,

* DR. HAMILTON, PROFESSOR OF MIDWIFERY, IN THE UNIVERSITY OF EDINBURGH, has, in a letter to Dr. Keighley, of the 22nd. of July 1805, declared his unqualified approbation of the purposes and plan of the British Ladies' Institution.

than the common men-midwives, who are always, in proportion to their ignorance, the more rash and fearless, and consequently averse to seeking that help, of which they are ashamed to confess their want.

On the immediate subject before us, I am anxious to quote the following passage from the *Domestic Medicine* of the late Dr. BUCHAN, a Physician who, though reviled and persecuted by the inferior and narrow-minded part of the Faculty, for removing the veil of mystery drawn over the science of medicine, had the heartfelt satisfaction, long before his death, of seeing his useful and philanthropic work crowned with complete success; and whose exhortations may, perhaps, not be the less attended to, now that the world has to lament his loss. The Doctor's words are these:

“ Though the management of women in child-bed has been practised as an employment since the earliest accounts of time, yet it is still in most countries on a very bad footing. Few women think of following this employment till they are reduced to the necessity of doing it for bread. Hence, not one in a hundred of them have any education or a proper knowledge of their business. It is true, that Nature, if left to herself, will generally expel the *fœtus*; but it is equally true, that most women in child-bed require to be managed with skill and attention,

“ and that they are often hurt by the super-
 “ stitious prejudice of ignorant and officious Mid-
 “ wives. The mischief done in this way is much
 “ greater than is generally imagined ; most of
 “ which might be prevented by allowing no wo-
 “ men to practice Midwifery, but such as are pro-
 “ perly qualified. Were due attention paid to
 “ this, it would not only be the means of saving
 “ many lives, but would prevent the necessity of
 “ employing men in this indelicate and disagree-
 “ able branch of medicine, which is, on many
 “ accounts, more proper for the other sex.”

I cannot resist the pleasure of making another
 quotation from the same author, whose obser-
 vations are delivered in so impressive a style, and
 are themselves so judicious, that they cannot fail
 strongly to arrest attention.

“ It is indeed,” says Dr. Buchan, “ to be re-
 “ gretted, that more care is not bestowed in
 “ teaching the proper management of children to
 “ those whom Nature has designed for mothers.
 “ This, instead of being made the principal, is
 “ seldom considered as any part of female educa-
 “ tion. Is it any wonder, when females so edu-
 “ cated become mothers, that they should be
 “ quite ignorant of the duties belonging to that
 “ character? However strange it may appear, it
 “ is certainly true, that many mothers, and those
 “ of fashion too, are as ignorant, when they
 “ have brought a child into the world, of what

“ is to be done for it, as the infant itself. In-
 “ deed the most ignorant of the sex are generally
 “ reckoned most knowing in the business of
 “ nursing, Hence, sensible people become the
 “ dupes of ignorance and superstition ; and the
 “ nursing of children, instead of being conducted
 “ by reason, is the result of whim and caprice.
 “ Were the time that is generally spent by females
 “ in the acquisition of trifling accomplishments,
 “ employed in learning how to bring up their
 “ children ; how to dress them, so as not to hurt,
 “ cramp, or confine their motions ; how to feed
 “ them with wholesome and nourishing food ;
 “ how to exercise their tender bodies, so as to
 “ promote their growth and strength : were these
 “ made the objects of female instruction, man-
 “ kind would derive the greatest advantages from
 “ it. But, while the education of females im-
 “ plies little more than what relates to dress and
 “ public show, we have nothing to expect from
 “ them but ignorance, even in the most important
 “ concerns,”

Having already expatiated at considerable length
 on the subject of food, clothes, air, and exercise, I
 shall here confine myself to a few additional obser-
 vations on these important articles. It used
 formerly to be a custom, to swaddle up the poor
 infant immediately on its coming into the world,
 so tight and so warm, as nearly to obstruct all

the organs of life. The good example of the Great, and the advice of Physicians, in which Dr. CADOGAN took the lead, have happily, in a great measure, succeeded in doing away this practice, teeming with deformity and death. Still, however, the dress of the child is fashioned more to gratify the vanity of the mother, and to answer the purposes of the dress-maker, than to benefit the wearer. A proper degree of warmth is necessary, but the infant should by no means be overloaded with clothes, nor should they be made so tight as in the smallest degree to check or prevent the free exercise of its body and limbs, I have seen the negro children in the West Indies suffered to lie and tumble about on the floor, from their earliest infancy, perfectly naked; and with all the hardships they undergo, at every period of life, there is hardly a deformed negro there to be seen; a convincing proof that the compressure of clothes is the means of producing deformity; when we see, on the other hand, so many victims of it in this country.

Children certainly should have no clothes but what the climate requires for the sake of warmth; and as soon as they are capable, they should be allowed to take as much wholesome and innocent exercise as they please. They should not, as I have formerly observed, be too early sent to school; and when so sent thither, it should, if

possible, be in a healthy, dry, and airy situation; with good play-grounds, and where the teacher, instead of immuring them for five or six hours at a stretch, should let them occasionally, during school hours, run about and divert themselves in the grounds. Thus would not only their health be amended, but going to school would be made a pleasure, not a task. It is a common observation, that children, when at school, enjoy the happiest part of their life. The accuracy of this remark is much to be questioned: considering the confinement they undergo, the dry and disgusting tasks they have to learn, and the frequent tyranny of the masters, they feel often as much at this early period, as they do afterwards amidst the toils and troubles of life. Boarding schools, in particular, are liable to all the objections I have stated, as well as others peculiar to themselves. Here the pupils, especially where they are numerous, and among the cheaper academies, have not a proper attention paid to their diet, either as to quantity or quality. Their stomachs, indeed, are seldom overloaded; but the reverse is not unfrequently the case. In large boarding schools, too, both boys and girls are apt to learn habits equally injurious to the body and mind. In short it is to me amazing, that any judicious mother will trust her offspring to these seminaries, where their health is impeded, and where they learn nothing

which they might not better acquire under the roof and eye of the parents.

I have before mentioned the injury done to children, by an early, close and sedentary application to work in manufacturing towns. This circumstance has already received a laudable attention from the legislature, who have compelled the proprietors of manufactories, in some measure, to abridge the severity of duty of the children committed to their care. I am far from wishing to depreciate, in the smallest degree, so great a source of wealth to their nation as its manufactures, but enough of workmen could be found, without resorting to those of so very tender an age. Nor need the parents regret any change of this nature. Surely the health of their offspring must be an object, and the advantage of laying the foundation of a sound constitution, instead of feebleness, and a premature old age; while in the mean time the children might be employed, almost as profitably, in an immediate pecuniary view, in little operations of agriculture and gardening, such as weeding, throwing stones off the ground, &c. and which would be highly conducive to their health and strength. When I make these remarks, I confess I have little expectation that they will occasion an amelioration of the present system, while gain is so formidable an opponent. I hope, however, I may not be altogether unsuccessful

when I recommend to the proprietors of manufactories to encourage, and indeed, oblige the children, during the hours of relaxation, to take as much exercise as possible, and to enjoin with it a regular use of the cold bath.

I beg leave to make one other quotation from Dr. BUCHAN, not unconnected with the preceding observations.

“ Mothers of the poorer sort think they are
 “ great gainers by making their children lie or
 “ sit, while they themselves work. In this they
 “ are greatly mistaken. By neglecting to give
 “ their children exercise, they are obliged to
 “ keep them a long time before they can do any
 “ thing for themselves, and spend more on medicines than would have paid for proper care.

“ To take care of their children is the most
 “ useful business in which the poor can be employed: but alas! it is not always in their
 “ power. Poverty often obliges them to neglect
 “ their offspring, in order to procure the necessities of life. When this is the case, it becomes the interest, as well as the duty of the
 “ public to assist them. Ten thousand times
 “ more benefit would accrue to the state, by
 “ enabling the poor to bring up their own children, than from all the hospitals that ever can
 “ be erected for that purpose.

“ If it were made the interest of the poor to

“ keep their children alive, we should lose very
 “ few of them : a small premium given annually
 “ to each poor family, for every child they have
 “ alive at the year’s end, would save more infant
 “ lives than if the whole revenues of the crown
 “ were expended in hospitals for this purpose.
 “ This would make the poor esteem fertility a
 “ blessing ; whereas many of them think it the
 “ greatest curse that can befall them ; and in place
 “ of wishing their children to live, so far does
 “ poverty get the better of natural affection, that
 “ they are often very happy when they die.”

Great pains are generally taken by mothers,
 that their children should not be *left-handed* ;
 by which injudicious anxiety they are prevented
 from the full use of that member. Nature has
 given us two hands, alike in form, nearly equal
 in strength, and equally calculated for exertion ;
 but by the present practice this gift is, in a great
 measure, abandoned, and one of them rendered
 comparatively inefficient. Were the same trouble
 taken to make children use only their right eye,
 the consequence to the left eye would be exactly
 similar. If, therefore, I have the good fortune
 to persuade sensible mothers to amend this uni-
 versal error, I shall enjoy the satisfaction to think,
 that I have, in no small degree, contributed to the
 good of society. I would recommend, that chil-
 dren, from their earliest infancy, be habituated

indiscriminately to use both hands, to alternate them in all their little manual occupations; and, when sufficiently grown, they should be encouraged to cut their meat, throw stones, raise weights, and employ their exertion, with either hand, taking care only that it be not such as to overstrain them. Swinging what are called *dumb-bells*, is a most useful exercise in this respect, as strengthening the arms, opening the chest, giving muscular action to the body, and invigorating the whole system.

Every one must be sensible how much habitual exertion adds to the powers of the members employed. A man of fashion, however Herculean his form, would make a poor figure in wielding the sledge-hammer of a blacksmith, or raising and carrying the loads of a mealman. Hence, the most exalted and affluent would be well employed, from their earliest years, in frequently enjoying such athletic amusements and exercises as impart tone and vigour, and would inure them to the full and active use of all their members.

Nor are these observations to be confined to boys; they also in a considerable degree apply to girls, whose charms would be nowise impaired by such proper exercises as to rear them in a state of full health, and fit them for the effectual discharge of the duties of a wife, and a mother. Indeed, for the first seven or eight years I hardly see

reason for any distinction in the education and exercises of boys and girls. The stamina of health being thus implanted, and such exercises, afterwards persisted in as become the female character, there would be few instances of the disorders now so frequent and fatal to young ladies, at the critical period of puberty.

“Effeminacy,” says Dr. BUCHAN, “will ever
 “prove the ruin of any state where it prevails;
 “and when its foundations are laid in infancy,
 “it can never after be wholly eradicated. Parents
 “who love their offspring, and wish well to their
 “country, ought therefore, in the management
 “of children, to avoid every thing that may
 “have have a tendency to make them weak or
 “effeminate, and to take every method in their
 “power to render their constitutions strong and
 “hardy.”

-----“By arts like these

“Laconia nurs’d of old her hardy sons,

“And Rome’s unconquer’d Legions found their way,

“Unhurt, through ev’ry toil, in ev’ry clime.”

Anxious, as I confess I am, to restore the office of Midwifery to Females, I beg leave to make a few more observations on that important subject.

I have elsewhere observed, that one argument against the employment of males is, that their other avocations prevent them from giving the strict and continued attendance necessary in slow

and lingering labours. To obviate this difficulty, and *cut* the matter short, the *Accoucheur* has recourse to his instruments, which are now so *conveniently* made, that he can clandestinely introduce them, without previous notice to the patient, and while the *Husband* is, *from decency*, not permitted to be present. By this means he often not only kills the child, but incurably injures the mother; while a careful and patient Midwife would, with no instrument but her hand, have operated the safe delivery of a living child, without either unnecessary pain or injury to the mother. Of the murders thus committed by *Scientific Operators*, hundreds of instances are on record, which on a future occasion I may find it necessary to particularize, should these *Herodian destroyers of innocents* have the hardihood to assert their claims against Female Midwifery.

Dr. Osborn, a celebrated Obstetrical Professor, in treating of instruments, has, to use a homely expression, fairly *let the cat out of the bag*. He fears lest their abuse may produce an antipathy against Men-midwives, and induce women to employ their own sex in their deliveries, to the great injury of the profession! The following are the Doctor's own words:

“ If an opinion should once prevail among
 “ women, that Practitioners in Midwifery ever
 “ permitted themselves to depart from that *safe*,

“ *patient, and wise conduct which Nature directs,*
 “ *in the management of labour, and that for*
 “ *their own convenience, and without necessity,*
 “ *they should dare officiously to obtrude their*
 “ *pretended assistance, or in their own language*
 “ *to hurry the labour, and it should be discovered*
 “ *by the marks of the instrument on the child*
 “ *after birth, or by the unusual painfulness in*
 “ *delivery, or by future effects still more injurious*
 “ *and lasting, that an instrument had been used,*
 “ *without conviction of the necessity, without*
 “ *their own consent, and even during the full*
 “ *operation of the labour-pains, with every rea-*
 “ *sonable expectation of the final and safe ter-*
 “ *mination of the labour by the powers of Nature*
 “ *only; I say, if ever such an opinion should be-*
 “ *come general, I am persuaded, the inevitable*
 “ *consequence would be, that the practice of*
 “ *Midwifery, in ordinary cases, would revert into*
 “ *the hands of Female Practitioners, much to the*
 “ *injury of the interest of the Profession. And I*
 “ *beg leave to add, that these are not imaginary*
 “ *apprehensions, but founded on facts, which have*
 “ *come to my knowledge, where the mischiefs*
 “ *described have really happened, by the imme-*
 “ *diate use of the vectis, even in experienced and*
 “ *skilful hands.”*

If women will expose themselves to the inde-
 licy of being exhibited to the view and touch of

men in the various stages of pregnancy and parturition, it is their own and husband's fault; but the study of Midwifery by men (in the comparatively few instances where they do study) is attended with outrages to modesty against unprotected women, whose indigence compels them to seek refuge in Lying-in Hospitals, at which Nature revolts. At what are called *Touching-Lectures*, the professor introduces crowds of pupils (very injurious to the health of the patients) to examine the pregnant woman, and for their instruction, she is exhibited to the view, and handled in the most indecent manner, by every youth or boy who attends him; circumstances which must not only shock the feelings, but pollute the purity of any woman of common modesty. Such inspections are proper for the instruction of Midwives; but only proper for those of the female sex, not for those *amphibious* animals, whose very denomination of *man-midwife* has been well observed to be as anomalous as that of a *woman-coach-man*.

Before bidding adieu to the reader, I shall be forgiven if I make a few observations respecting a **MEDICAL POLICE**.

In a country like Great Britain, enjoying so many advantages from Nature, from the industry of her inhabitants, and above all from her free and excellent constitution; a country whose prosperity makes her the envy of the world, and whose opu-

lence enables her to carry on the most arduous and expensive undertakings, a country, finally, where so much has been meritoriously expended in useful improvements, the attention of the Legislature, and a small portion of the Riches of the Nation, could not be better employed than in the establishment of a system so important to the health of the inhabitants, and the consequent strength and wealth of the state.

On this subject I shall, for the present, content myself with offering a few general hints, as I intend very soon to offer to my country a detailed Treatise on this great NATIONAL OBJECT.

A primary purpose of a Medical Police would naturally be, to attend to the general circumstances conducive to health, in London and other great towns; such as preventing filth in the streets and elsewhere; draining stagnate waters; interdicting burials in churches; removing from the midst of towns, church-yards and cemetaries, as well as all manufactures injurious to health, and in short every noxious matter, the exhalations from which might vitiate the atmosphere; inspecting the markets and shops, to prevent the sale of unwholesome provisions, and every thing deleterious; using proper means to stop the progress of contagious disorders; supplying the inhabitants with wholesome water, and establishing and inculcating the use of public baths, at a small expense.

2. To consider, and make Reports to Parliament, of the best means to enable and encourage the poor to rear their offspring in a healthy state.

2. To make similar Reports on the most efficacious means of remedying the injury to health attendant on various trades.

4. To inspect all Hospitals and Public Institutions; but particularly the Parish Workhouses and Public Prisons, and enforce such regulations for the health of the inmates as are at present but too much wanted.

5. To inspect, in like manner, all Manufactories, especially where children are employed, all Public Schools, and all Apprentices living with their masters, taking care that the masters of manufactories, schools, and apprentices pay due regard to the regimen of those entrusted to their charge.

6. To recommend to the nation in general such rules respecting diet and regimen as might prove most conducive to health.

7. To examine all Practitioners in Physic and Surgery (except those admitted or licensed by the Royal Colleges of Physicians or Surgeons,) as well as Midwives, and grant certificates to such as are qualified, without which none should be permitted to practice, under a heavy penalty.

8. To destroy the impositions of Quackery.

The inventors of good medicines are, no doubt, intitled to compensation ; but this is very improperly given by a Patent, whereby the Quack is enabled to conceal the composition of his *nostrum* (for no patient ever thinks to examine the specification of his patent,) and what is more dangerous, to put it indiscriminately into the hands of the most ignorant, in every stage of a disease, or indeed for the cure of half the diseases attending the human frame. Every useful medical invention should be examined and analized by the Police, and such rewards given to the inventors, as would be a just and liberal remuneration. I am well aware that the increase to the revenue from the duties on patent medicines, and the advertisements of them in the newspapers, would be an apparent objection to this proposal. But surely every such consideration should give way to the important object of the health of millions. Besides, great part of this sum might be obtained by a duty on the certificates of medical and surgical practitioners, and an annual duty for licences entitling them to practice, and the deficiency would be well bestowed by the nation. Indeed this deficiency would not be so great as at first sight may appear, as a great proportion of the medicines paying duty would still be used in practice.

Such are the principal objects proposed by a board of MEDICAL POLICE. It is certainly a subject eminently deserving the legislative interference, and the comparatively trifling sum its establishment would cost would be cheerfully borne by the nation.

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APPENDIX.

IN the details of diseases, throughout the preceding Treatise, the most adviseable remedies and medicines are generally specified. In order, however, to make this work as complete, and, at the same time, as useful as possible to every Midwife, Mother and Nurse, I shall, under each distinct head of disease, recapitulate the treatment and remedies to be recommended; adding more particularly, the doses, with receipts for some compound medicines, the specification of which would have rendered the text unnecessarily complex and tedious. To this I shall add an alphabetical Table of Medicines used in practice, in such diseases, with an adaptation of the doses according to the age of the patient: *observing, however, in this last point of view, that whatever general rule may be given, it can only be applied with reference to the habit and state of the patient.* The judgment, therefore, must be exercised in this respect.

The apothecaries' weights, and English wine measures, are made use of, according to the following table.

A pound	contains twelve ounces.
An ounce,	eight drams.
A dram,	three scruples.
A scruple,	twenty grains.
A pint	is equal to sixteen ounces.
An ounce,	eight drams.

A table-spoonful is the measure of half an ounce.

A Summary of the Treatment and Medicines to be employed in the various Diseases considered in this Work.

Excoriation and Inflammation in the mouth of the Womb. P. 29.

An application of cloths dipped in port wine, or a weak solution of lead; spermaceti ointment spread on fine linen; a poultice of soft bread soaked in a strong solution of lead; Goulard's cerate; cooling physic; a low diet; and above all, a strict attention to cleanliness.

Flooding. P. 30.

If arising from cold, neglect, or irregular living, or from violent passions, gentle vomits, laxatives, and opiates.

When arising from weakness, a nourishing diet, port wine, the bark and infusion of horse-radish; nettle roots; the greater comfrey, ginger, camomile, or balm; japan-earth, elixir of vitriol, and a nitrous mixture of alum-whey, as recommended in the text, with the cold bath.

In this case, the astringent bolus is also an approved remedy. It is composed of fifteen grains of alum in powder, and five grains of gum kino, with a sufficient quantity of syrup, and should be given every four or five hours till the discharge abate.

Sickness and vomiting during Pregnancy. P. 42.

In full habits, blood-letting, gentle purgatives, and a spare diet.

In cases of debility and languor, columbo, Peruvian bark, port wine, and a light nourishing diet; and sometimes an opium-plaster on the pit of the stomach.

Bowel Disorders. P. 43.

Magnesia and rhubarb; and, when proceeding only from the irritation produced by the increasing bulk of the womb, and not a disordered stomach, opiates and occasional injections of starch, with sixty drops of laudanum in each.

Swelled Breasts. P. 47.

Gentle friction with olive-oil, and flannels applied; laxatives, and sometimes bleeding; the breasts to be kept loose and warm.

Heartburn. P. 48.

Magnesia and rhubarb; prepared chalk; Peruvian bark and elixir of vitriol; the body kept open, with a spare diet and occasional bleeding.

Piles. P. 50.

Gentle purgatives, or softening injections, as recommended in the text, and occasional blood-letting. Leeches applied to the part when much swelled and painful, followed by fomentations of camomile-flowers; spare living and frequent resting. The following is a useful electuary for this complaint. Take flour of sulphur one ounce, cream of tartar half an ounce, with a sufficient quantity of treacle, and give a tea-spoonful three or four times a day. For an external application, take of emollient ointment two ounces, liquid laudanum half an ounce; mix these ingredients with the yolk of an egg, and work them well together. Palm oil applied externally is also a good and ready remedy.

Pains in the Back, Belly, and Loins. P. 52.

Bleeding and opiates.

Cramps in the Limbs. P. 53.

Opiates, and applications of laudanum or ether to the affected parts; also, friction with flannel, or a flesh-brush.

Discharge of Blood from the Womb. P. 58.

Rest and tranquillity; apply cold wet cloths to the lower part of the belly, and occasionally opiates and blood-letting.

Descent of the Womb. P. 106.

Peruvian bark, mineral waters, and astringents, with peace, quietness, and an attention to diet, exercise, and regularity.

Fluor Albus, or Whites. P. 109.

Astringent and bracing remedies; a strengthening diet, and the cold bath, or washing the parts;—when attending a full habit, the body should be reduced, and kept cool.

Dropsy in the Womb. P. 112.

Diuretics and cooling physics, the belly being kept up by a flannel roller or other bandage, and tapping.

Cancer in the Womb. P. 112.

Bleeding, issues above the knees, gentle purgatives, and a strict perseverance in a milk and vegetable diet, are the best palliatives, but the disease is incurable.

Hysterics. P. 49, 118.

When arising from a too full habit, a regular and spare diet, purging and blood-letting, with the warm bath. When from irritability of the frame or affections of the mind, nervous medicines, as camphor, and valerian, with moderate opiates, all given occasionally; while every attention is paid to divert the mind by cheerful company and agreeable amusements. In this last case, the cold bath is also very useful, with good air and moderate exercise. The volatile fœtid tincture is a good remedy in this disorder. It is made by infusing two ounces of asafœtida, in one pint of volatile aromatic spirit for eight days; frequently shaking it and then straining it off.

Lochial Discharge. P. 130.

When this is excessive, Peruvian bark and elixir of vitriol should be taken; and if any degree of fever, three or four grains of James's powder twice a day, with diluting drinks and warm fomentations to the belly; the passage of the womb being occasionally syringed with milk and water.

After Delivery. P. 133.

Twenty-five or thirty drops of laudanum may be given to compose the patient and procure sleep. When costive, injections are most proper, but, if the patient object to them, then, very gentle purges of calcined magnesia or castor oil.

The best way of preparing castor-oil is to mix it well in a mortar with the yolk of an egg, adding afterwards, by degrees, either plain or any simple distilled water. The patient to be kept in a proper degree of heat, touching nothing wet or cold; the food being light and nutritious, and avoiding all stimulants.

After-pains. P. 336.

Mix a dram of spermaceti with the yolk of an egg, and having

rubbed them well together in a mortar, add one dram of the spirit of nutmeg, one ounce of syrup of white poppies, and ten large spoonfuls of water boiled, which has stood to get cold; two table-spoonfuls of this mixture, taken every two hours, or when the pains attack violently, will certainly remove them.

Irregular Child-bed Fever. P. 149.

During the cold fit, warm flannels are to be applied to the stomach and belly, and bladders or bottles of warm water to the feet, the patient drinking weak white-wine whey or barley-water. If the tongue be foul, a very gentle vomit of ipecacuanha or strong camomile tea may be given.

When the hot fit comes on, the patient should be kept cool, and covered lightly with bed-clothes, taking the same drinks, cold instead of warm, with good ripe fruit, and a small quantity of the nitrous julep; and making no attempt to check the sweat. When the sweat comes out the drinks should be warm.

To prevent the return of this fever, bark should be taken if it proceed from weakness; or opiates, if it arise from irritation.

Miliary Fever. P. 152.

Gentle physic; and, when there is sickness, an emetic, ripe fruit, acid drinks, a light diet, and cool air. Fomentations of flannel dipt in warm water should be applied frequently to the legs and thighs, especially when the rash suddenly disappears. When there is a white or yellow eruption, bark may be given in port wine.

Malignant Child-bed Fever. P. 153.

No rule is here laid down, medical aid being indispensable.

The common Low Fever. 155.

The stomach must first be cleared; and afterwards the treatment in other fevers observed.

Diseases in the Breast. P. 156.

When there is an appearance of biles forming in the breast, they should be brought to a head by poultices, frequently renewed, of bread and milk, or of linseed, with a small quantity of sugar of lead. The bile, when ripe, should be lanced. If the mother be of a full habit, she should be blooded, and take gentle physic.

If the nipples be hurt, they should be kept clean, washed with weak alum and water, or brandy and water, and dressed with lint soaked in a

solution of sugar of lead and alum, and covered with a spermaceti plaster, spread on a linen rag.

A woman who has been troubled with sore nipples may, to prevent their recurrence, deaden the part by washing them with alum-water or strong spirits daily, during the two last months of pregnancy.

Echolic. P. 159.

Bleeding, mild purgatives, and carminatives are here proper, with fomentation of the belly.

Cramp in the Stomach. P. 160.

Take two tea-spoonfuls of hartshorn, mixed in hot water, and apply flannel soaked in hot spirits to the pit of the stomach. If this do not afford immediate relief, take eighty or ninety drops of laudanum.

Diseases of Children.

Fainting. P. 204.

Rub the nostrils, temples, hands and feet with volatile salt, and administer a few drops of volatile tincture of valerian in a little good white wine, every two or three hours. Then procure stools by clysters, or a tea-spoonful of castor oil.

Retention of Meconium. P. 205.

Give a very gentle purgative, as a little syrup of roses diluted with thin gruel; or if that have not the effect, a watery infusion of rhubarb, or a tea-spoonful of castor oil, repeated till the whole be discharged; if necessary, clysters may be thrown up.

Jaundice. P. 237.

Give one or two drops of the tartarised wine of antimony, as a gentle vomit; or, in its place, three or four grains of ipecacuanha, followed next day by as much rhubarb, and continue this treatment till the yellowness begin to disappear. Occasionally two or three drops of prepared kali may be added, while friction of the stomach and the warm bath will assist the operation.

Erysipilas. P. 209.

Administer, copiously, bark, with aromatics, and apply compresses wrung out of camphor and spirit, to the parts affected.

Snuffles. P. 209.

Procure four or five stools a day by means of one or more tea-spoonfuls of castor-oil. In case of convulsions, administer clysters with cordials and carminatives, and if necessary, syrup of poppies, or opium. Bathe the nose with camomile or elder-flower tea, and then apply an aromatic liniment. In case of much debility, give an infusion of oak-bark.

Costiveness. P. 217.

Apply heated bran or camomile flowers, in a flannel bag, to the stomach and bowels; then administer rhubarb or senna tea. Should these fail, clysters of from three to twenty grains of aloes dissolved in warm milk, alternated with the purges. When the costiveness is removed, give a few grains of magnesia, with a little dill-water, to obviate flatulence.

Thrush. P. 217.

Give castor oil or antimonial wine to open the bowels; correcting the acidity by gentle doses of magnesia or any of the testaceous powders. When the bowels are already loose, give, instead of these, two or three grains of the compound powder of contrayerva, and, as the disease declines, a little rhubarb. Afterwards, by way of tonics or strengthening remedies, a few drops of the compound tincture of gentian, well diluted, or a tea-spoonful of camomile tea.

To keep the mouth clean, a little borax, made into a paste with honey, is to be put on the child's tongue, where it will dissolve, and extend to the other parts of the mouth.

Putrid Thrush. P. 221.

Give, three or four times a day, a table spoonful or more of an infusion of cascarilla bark, warmed with the compound tincture of Peruvian bark. Wash the parts frequently with a decoction of the Peruvian bark, sharpened with the diluted vitriolic acid.

Red Gum. P. 223.

Never attempt to repel the eruption; but in case of its disappearance invite its return by the warm bath. Attend to the state of the bowels, and give some absorbent or testaceous powder to correct acidity.

Milk Blotches. P. 226.

Little is here required except an attention to the state of the bowels; administering a little nitre and compound powder of contrayerva, or polychrest salt, and rhubarb, with the addition of half a tea-spoonful of the acetated water of ammonia.

Itch. P. 226.

Take of flower of sulphur two ounces, and crude sal ammoniac, finely powdered, two drams; make it into an ointment with two ounces of hog's lard or butter, adding a scruple or half a dram of the essence of lemon, to take away the disagreeable smell. Rub the bulk of a nutmeg on the extremities at bed-time, twice or thrice a week. If the disorder be very bad, the whole body may be rubbed; but this should be done partially, and by degrees. In place of sulphur, an ointment of white hellebore may be used.

Before using the ointment give the child a gentle purge, and during its use as much sulphur and cream of tartar, in treacle or honey, as will keep the body gently open; taking particular care of catching cold.

Sore Ears. P. 233.

Wash them with cold water, and cover them with a singed rag, to keep them from adhering to the cap. If they be very obstinate, and extend over the neck and threaten mortification, bark is to be administered, applying fomentations of bark or poppy-heads, and keeping the bowels open by the absorbent powders, nitre, rhubarb, or calomel. Should these still prove ineffectual, the following safe external preparations of mercury will be attended with success.

Make a liniment of from one to two drams of calomel, with one ounce of the elder ointment; spread this on a piece of doubled linen cloth, and apply it twice a day.

Sore Eyes. P. 234.

In the common sore eyes of children, cover the head with a flannel cap, and wash the eyes with rose water, or with brandy and water. Should these be not sufficient, add two ounces of rose water, three or four drops of acidated litharge water, and a grain or two of white vitriol, for a wash, keeping the bowels open. Where a strong astringent is required, double the quantity of the vitriol. Goulard's collyrium of lead is much approved of. It is made by putting twenty-five drops of his extract of lead to half a pint of water, and a tea-spoonful of brandy.

In the real ophthalmia, or inflammation of the eyes of children, besides the eye-waters just recommended, apply a blister to the neck, and leeches to one or both temples. Should these not be effectual, the ears ought to be made sore by three or four threads of worsted or cotton, covered with blistering plaster; the sore kept open for some time, and purgatives given.

If it degenerate into a watery-eye, apply to the inner angle of the eye, every night at bed-time, a little of the ointment of nitrated quicksilver.

In older children, shewing disposition to humours or disorders of the skin, where the means already mentioned have failed, the best effects have been produced by shaving the head, and covering it over with an oil-skin cap.

Purulent Sore Eye. P. 236.

Apply a leech to the temples, blisters to the back, nape of the neck, and behind the ears, smearing the eyes with any simple ointment. At night apply to the eye an acedated litharge cerate, spread on linen, and over it a soft poultice made with a compound water of acedated litharge. If the poultice be oppressive, change it for soft linen rags dipped in brandy and water, or a solution of sugar of lead; administering, at the same time, astringent medicines.

The camphorated water of *Bates's Dispensatory* is also much approved of in this disorder. Instil a few drops of this into the eyes with a syringe, washing with it also the eye-lids frequently.

In place of this may be used externally, the tincture of opium and ointment of nitrated quicksilver, applied very cautiously by means of a camel-hair pencil. See afterwards in the Appendix to the Table of Medicines several collyria, or eye-waters.

Vomiting. P. 237.

The common vomiting of infants requires no medicine.

When vomiting arises from irritability of the stomach, administer tonics, as a strong infusion of the bark, or camomile, with a little orange-peel or ginger, and occasionally rhubarb. Where excess of irritability is alone to be checked, then the saline mixture, with one or two drops of laudanum; warm spiritous fomentations being applied to the pit of the stomach, or a labdonum plaster applied to the same part, with a proportion of Venice-treacle.

Purging. P. 240.

Administer a dose or two of rhubarb, and afterwards absorbents. If the purges still continue, give an emetic; afterwards, if necessary, repeat the rhubarb. If vomiting attend the purging, an emetic should be given in the first instance. No remedy, however, is better than opium. With this view not only syrup of white poppies, but even laudanum may be given with perfect safety, in the quantity of from a drop to two or three drops, for infants from a week to six months old. The chalk julep is a good medicine, as absorbing the acrid matter, and forming an excellent anodyne, after the bowels have been well cleansed.

When the stools appear very slimy and sour or curdled, give magnesia

warmed with grated nutmeg; when they are very green, or white and clayey, add a drop or two of the water of kali to the other medicines. Where much griping attends, administer clysters, having in them a little soap. Rub the child's belly with a little warm brandy, a decoction of camomile flowers, or white poppy heads.

The following is an excellent purgative for children. Take of rhubarb fifteen grains; magnesia half a dram, sweet fennel water, six drams, dill-water, six drams; compound spirit of ammonia, twelve drops. Of this, give the infant one, two, or three spoonsful, according to its age, twice or thrice a day.

The following cordial is also useful where the child is languid, in the intermediate times of purging. Take of the aromatic confection one scruple; spearmint-water, an ounce and a half; dill-seed water, half an ounce; syrup of tolu, or saffron, a dram, and camphorated spirit of ammonia, ten drops.

In the early part of the disease the above purges are most proper, as are castor oil or calomel.

Watery-Gripes. P. 242.

Give one or two emetics, and rhubarb; after these, very small doses of ipecacuanha, joined with the absorbent powders, or aromatic confection. Apply a labdonum plaster above the navel, or fomentations of the belly, twice or thrice a day, with flannel dipped in the hot liquor of poppy-heads, mixed with aromatics. Keep up the warm purges, and when the diseased appearance of the stools is got the better of, throw up a starch clyster containing a few drops of laudanum, two or three times a day. After that an infusion of logwood, with laudanum and aromatics. In all cases of purging attend particularly to the diet.

Worms. P. 245.

Give active purges, particularly calomel; also bitters, as wormwood, rue, tansy, &c. The following is an approved remedy. Take of tin reduced to fine powder an ounce, Æthiop's mineral two drams; mix them well together, and divide the whole into six doses, one of which is to be taken, in a little syrup, twice a day. After these have been all used, purge them off with rhubarb and calomel.

Madame Nouffer's celebrated remedy for the tape-worm, which was purchased, for the use of the public, by the French king, is as follows: It is, however, too active and powerful for young children, but may be administered usefully for stout youths:

Early in the morning the patient is to take, in any liquid, two or three

drams of the root of male fern, reduced to powder. Two hours afterwards he is to take of calomel, and resin of scammony, each ten grains; gum gamboge six grains.

These ingredients must be finely powdered, and given in syrup. The patient is then to walk gently about, drinking occasionally a cup of weak green tea, till the worm be passed. If the fern-powder produce nausea, it may be removed by sucking the juice of an orange or a lemon.

Teething. P. 251.

In difficult teething, give opening medicines and clysters, with diluting drinks. Apply leeches behind the ear; also small blisters on the back or behind the ears. Tartarised antimonial wine, or James's powders, are also useful both as opening medicines and sudorifics. Let the gums be scarified with a lancet.

Tooth-ach. P. 256.

This pain may be relieved by holding between the teeth a little cotton wetted with laudanum, or a peppercorn bruised, and put into a small linen bag, dipped in brandy. A plaster of grated ginger, with the white of an egg, or a sticking plaster, with a bit of opium applied to the cheek or temporal artery, will also give relief; diminishing also the flux of humours by mild purges, scarifying or leeching the gums, bathing the feet in warm water, and drinking diluting liquors. If these means do not succeed, or the tooth be rotten, then it must be extracted.

Fevers. P. 261.

Administer purges and an emetic; afterwards magnesia. If these be not effectual the body must be continued open with castor oil, calomel, or calomel and scammony. Tartarised antimonial wine, or James's powders, are also excellent remedies. The treatment of fevers, however, requiring the best medical advice, nothing farther is necessary to be enumerated here. In the text will be found various rules for treatment.

Convulsions. P. 272.

In symptomatic convulsion, if the child be costive, give a clyster, and afterwards a gentle vomit, keeping the body open by moderate doses of magnesia and rhubarb. If there appear an offensive load at the stomach, repeated purges of castor oil or calomel will be necessary; after these, spasmodic remedies, as spirit of hartshorn, tincture of castor, rectified oil of amber, or two or three drops of laudanum; bathing the feet in warm water, and rubbing the different parts of the body.

In convulsions, when a primary disease, employ bleeding, blistering, and purging, bathing the feet in warm water, rubbing the legs and the soles of the feet with the compound spirit of ammonia.

Where the irritation proceeds from the bowels the readiest remedy will be a soap clyster with two or three tea-spoonsful of salt, and afterwards purgatives.

Dysentery. P. 276.

Give purgatives, followed by strengthening medicines, as bark, white vitriol, chalybeates, and sea-bathing; also oil of amber and musk. The following electuary is recommended in this disease: take of the japonic confection two ounces; Locatellis's balsam one ounce; rhubarb, half an ounce; and syrup of marshmallow, enough to make the electuary.

Adults may take the size of a nutmeg twice or thrice a day. Children in proportion, according to their age and constitution. Electricity is, in this disease of all others, the most powerful remedy.

Hiccough. P. 277.

A tea-spoonful of vinegar or lemon-juice will remove the accidental hiccough. When it proceeds from an acid state of the stomach, or foulness of the bowels, purgatives and testaceous powders may be given copiously, and, if necessary, a labdonum plaster applied to the pit of the stomach.

Watery-head. P. 278.

For the external watery-head, apply a succession of blisters.

For the internal watery head, copious and repeated bleedings, blisters applied to the head and neck, active purges, diuretics, and sneezing powders, as well as electricity.

Colds and Coughs. P. 280.

In every case of cold abstinence is necessary; bathing the feet in warm water, and using diluting drinks.

In tickling coughs, and when the spittle is viscid and tough, such peccatorials should be kept in the mouth as liquorice, barley-sugar, sugar-candy, &c. In this case the emulsion of gum ammoniac is extremely well adapted to attenuate tough viscid phlegm and promote expectoration. It is made thus: Take two drams of gum ammoniac, and grind it with water poured over it by degrees till it is dissolved. Half a pint of water is the quantity required, and add to it two ounces of the syrup of poppies. Give the child a table-spoonful of this two or three times a day. Squills are also

very useful. The following is the best mode of administering them: mix two ounces of the vinegar, oxymeal or syrup of squills, with as much simple common water, and give a table-spoonful, or more, of this mixture twice or thrice a day. A syrup made of equal parts of sugar-candy, honey, and lemon-juice, with a little spermaceti, and which may be administered at pleasure, is a no less useful mucilage. In obstinate cases, setons, issues, or other drains may be also necessary; and bleeding is sometimes proper, where the patient is stout and of full habit.

In coughs, where the defluxion is not viscid and tough, but sharp and thin, instead of the preceding, employ the spanish infusion. It is prepared as follows: take of spanish juice, cut into small pieces an ounce, and of salt of tartar, three drams; infuse these in a quart of boiling water for a day; strain off the liquor, and add to it an ounce and a half of syrup of poppies; give a table-spoonful or more of the infusion three or four times a day. In this, and indeed all species of cough, the paregoric elixir (or tincture of camphorated opium) which is one of the safest preparations of laudanum, may be given with advantage. For the immediate stopping a cough, nothing is equal to it.

In coughs proceeding from foulness of the stomach, avoid all mucilages, and cleanse the stomach by gentle emetics and bitter purgatives. Where there is a debility of the stomach, give bark.

Hooping-cough. P. 282.

Administer an emetic, gentle laxatives, bleeding; and, where breathing is difficult, a blister, opium, hemlock, camphor, castor-oil, and oil of ammonia, are all approved medicines. The garlic-ointment, applied as a plaster to the soles of the feet, and renewed night and morning, is a good remedy, where the patient is hot and feverish. It is made by beating garlic with an equal quantity of hog's-lard in a mortar.

Spasmodic Cough. P. 284.

Here avoid pectorals; keep the body open; give the child three or four times a day a few drops of the syrup of white poppies; or when the patient is a little advanced, hemlock.

Croup. P. 285.

In the inflammatory croup, apply four, or even six leeches to the throat, especially when fever appears, and a blister to the nape of the neck, applying there, also, an embrocation, and make the child inhale the vapour of warm water and vinegar. Then give an emetic, and keep up sickness by small doses of antimony. Calomel or fox-glove are beneficial.

In the chronic croup administer emetics, asafoetida, and hemlock, with, occasionally, the bark.

Scrophula. P. 287.

Employ and persevere in mercurial purges, antimonial vomits, saponaceous and aromatic medicines. In its more confirmed state, lime-water, and decoctions of the woods, with crude antimony, bark and steel. Attend to the state of the body, and encourage rather violent exercise, and the use of the salt-water bath. Fumigate with red sulphurated quicksilver, and quicksilver with sulphur. Where there are external tumours, bring them to a head by means of a paste of honey, flour, and the yolk of an egg; apply this twice a day, and electrify the parts.

Rickets. P. 289.

In order to brace the body, let the child have nourishing, and rather solid food, with a little generous wine. Air and exercise are indispensable, with the cold and if possible salt bath, after previous purging. Give also astringents, as bark, columbo, steel, and tincture of myrrh; fomenting the back and belly with flannel and aromatic powders, or the fumes of frankincense, mastic or amber. If the child be plethoric, active purges and gentle pukes are to be recommended.

Scald Head. P. 291.

Make an ointment of equal parts of sulphur, flour of mustard, and staves-acre; or of the sulphur ointment, with a small addition of the white calx of mercury, and rub in a small portion twice a day, taking care to keep the child from cold. Should the disease spread, the head must be shaved and washed twice a day, with a strong decoction of tobacco, or with the soap lotion, adding a small portion of the pure water of kali, and the scabs anointed with the ointment of nitrated quicksilver, instead of the former lenient.

The following is another treatment highly approved of. Shave the head; wash with a strong lather of soap-suds, and rub well in the tar ointment, (made with the petroleum instead of tar) with a considerable quantity of white hellebore, very warm, for an hour at a time; then cover the head with a bladder; and when, after two or three such dressings, the scabs give way and the hairs loosen, the latter must be pulled out and completely eradicated, and the parts being healed, new hairs will grow where the scabs were.

Lastly, in very bad cases, the following plaster is recommended. Take

a pint of ale and three ounces of wheat-flour; mix them well, and having set them over a brisk fire, add two ounces of yellow resin, and boil them till they be perfectly incorporated, and have a small jelly-like appearance. Spread this on linen, and apply it to the head after being shaved and washed, renewing the application daily.

Ring-worm. P. 292.

Anoint the part with the ointment of nitrated quick-silver; or if that cannot be had, common ink, a lead ointment, or an ointment of calcined zink and lard.

Warts. P. 293.

The best and simplest way of removing them is by tying tight round them a horse-hair or waxed silk or thread. Rubbing with a common garden slug, cut through the middle, is a good popular remedy.

Stye. P. 294.

If it be small, or hang by a very narrow base, cut it off, or tie it tight with a horse-hair or thread of waxed silk. If otherwise, make no application till the abscess break: then, or after cutting it, touch it with nitrated quicksilver.

Deafness. P. 294.

If proceeding from cold, administer purgatives, and keep the head warm. When from hardened wax, syringe the ears with warm water and lavender, or honey-water, and cover them closely with a piece of brown paper on going to bed. Should these means fail, a few drops of the following mixture, warm, night and morning; and afterwards inserting, loosely, a bit of cotton in the ear. The mixture is compounded of half an ounce of oil of almonds, twenty drops rectified oil of amber, half a dram of camphorated spirit, and one dram tincture of castor.

When it arises from want of a due secretion of the wax, instil into the ears a few drops of the soap liniment, turpentine, oil of almonds, and ether; applying at the same time blisters behind the ears. Electricity is likewise to be recommended; or any pungent sternutory, to occasion sneezing.

Abscess in the Ear.

Keep the ear clean by wiping and injections, dropping into it the warm acoustics recommended for deafness. Should these fail, apply a

blister, and keep it open in the nape of the neck ; give every other day purges of calomel, and on the intermediate days very small doses of the powders of quicksilver, and sulphur. In the worst cases fumigations should be used, night and morning, with the red sulphurated quicksilver and quicksilver with sulphur, by means of a proper tube.

Whitloe. P. 297.

If any sense of heat or pain be felt, whence this complaint is suspected, take of camphorated spirit, four ounces, water of acetated litharge, two drams, and tincture of opium, half an ounce ; mix them and bathe the fingers twice or thrice a day with the mixture. If a poultice be used let it not be of bread and milk, but made with the water of acetated litharge. After suppuration has taken place, apply a plaster of yellow basilicon.

Biles. P. 297.

Do not attempt to repel or dry them up ; apply a poultice of bread and milk, or if the part will not admit that, a gum plaster, and when the bile breaks, a plaster of basilicon.

Chilblains. P. 298.

Rub the parts with mustard and brandy, or something of a warm nature ; or rub them over with snow, cold water, or flannel sprinkled with spirit ; cover them with flannel, and put the patient to bed. If there be no sore, apply a drying ointment.

Ulceration of the Navel. P. 299.

Dust the part with hair-powder, or the powder of ceruse, and apply a toasted raisin or a bit of singed rag. If there be much discharge, apply three or four pieces of cabbage leaf over each other, changing them so as to keep the part cool.

On a second ulceration, after having been apparently healed, apply cabbage leaves, a poultice of bread and milk, or of compound water of acetated litharge, or decoction of the bark, and touch the raw part with nitrated silver, blue vitriol, or the powder of calomine stone.

Bleeding from the Navel. P. 300.

Apply sticking plaster and a bandage, for two or three weeks, or a small dossil of lint, or three or four strips of sticking plaster, spread on leather, and applied star-wise. In case of much discharge of blood, apply warm oil of turpentine or other styptics.

Ruptures. P. 301.

For the navel rupture, adapt a pyramidical compress of round pieces of sticking plaster spread on leather, with bits of card betwixt them, or a bit of bees'-wax of the size of a shilling, fastened on with a bandage. The strips of sticking plaster mentioned in the last article are also a good application; and fail not to employ the cold-bath. In a rupture at the groin, apply a truss when the child is old enough for it to be held on its place, and never drop the cold bath.

For the watery rupture at birth, puncture the bottom of the tumour with a lancet; or burn a little gum-benjamin, receive its smoke on flannel, and apply it to the part; or apply compresses wetted with vinegar and water, with a little spirit, or a solution of sal ammoniac.

Measles. P. 303.

Keep the child moderately warm, and the bowels open, bathing the feet in luke-warm water, and giving light food and diluent acidulated drinks. For the cough which generally attends this disease, give spermaceti, oil of almonds, or other emulcents. If the fever be strong, bleeding and blistering. When the patient falls low towards the end of the disease, administer wine and cordials, bark and acids. After their departure, always give purgatives.

Small-pox. P. 307.

Keep the child perfectly cool and exposed to a free air; give light food, and weak acidulated drinks; changing the linen every day. If fever run high, bleed, and keep the body open by clysters. If after the eruption has appeared, the disease seem confluent, give cordials, wine, and antiseptics. When there is much restlessness, gentle opiates; if there be a disposition to stranguary, dulcified spirit of nitre; if the tongue and mouth be dry, gargle with honey and water. In case of costiveness, throw up an emollient clyster every second day. On the appearance of purple or black spots, give the bark copiously. If the eruption subside, apply blisters to the extremities, and give cordials.

When the secondary fever comes on, open the pustules with a needle or lancet. After termination of the disease, give one or two doses of physic.

Cow-pox. P. 318.

The mode of inoculation is as follows: a lancet, or a common needle or pin, being held upright, is made to puncture the pustule on the sixth, seventh, or eighth day. A globule of the vaccinous matter will gradually issue, in which dip the point of the lancet, needle, or pin, and insert it betwixt the outer or inner skin of the arm above the elbow, if possible, without drawing blood; then withdraw the instrument and wipe it over the inoculated part.

Should the pustule become inflamed, which will be determined about the tenth or eleventh day, apply a drop of acetated litharge water on it, and having suffered it to remain two or three minutes, cover the efflorescence surrounding the pustule with a piece of linen dipped in litharge water. Repeat the former twice or thrice a day, and the latter as it may be agreeable to the patient. Should the scab be prematurely rubbed off, apply to the part a liute acetated litharge water.

In the few cases requiring medicines they are the same as in the small-pox.

Obstructions of the Menes. P. 321.

Use exercise, the dry open air, cheerful company and agreeable amusements. In a weak habit, the diet should be good with generous liquors, and bracing and astringent remedies. In plethoric, a spare diet and attenuating medicines are necessary, drinking, twice a day, a tea-spoonful of the tincture of black hellebore in warm water, bathing the feet in warm water, and sitting over its steam.

Barrenness. P. 327.

Observe the rules laid down in the preceding article, particularly attending to exercise and the use of the cold bath, with a milk and vegetable diet, and taking astringent and strengthening remedies, as bark, steel, alum, dragon's blood, elixir of vitriol, Spa or Tunbridge waters; and by all means avoiding quack medicines, or any violent stimulants.

A
TABLE OF MEDICINES
IN
DISEASES
OF
Women & Children,
WITH THE
DOSES ACCORDING TO THE PATIENTS' AGE.

* * These Doses must be increased, or diminished, according
to the strength and habit of the Patient.

A Table of Medicines

MEDICINES.	Adult.	nineteen to 15.	fifteen to ten.	ten to six.
Æther Vitriolic	30 dps. to 2dms	25 dps to 1½ dm	20 dps. to 1 dm.	18 dps. to 1 dm.
Æthiop's mineral	15 to 30 grains	12 to 25 grains	10 to 20 grains	8 to 15 grains
Almonds, oil of	6 dms. to an oz	5 dms. to 1 oz.	4 to 6 drams	3 to 5 drams
Aloes	5 grains to 20	4 to 18 grains	3½ gr to 15 grs	3 to 12 grains
----- Tincture of	4 to 8 drams	3½ to 7 drams	3 to 6 drams	2½ to 4 drams
Alum	5 to 15 grains	4 to 12 grains	3 to 10 grains	2 to 7 grains
Amber, rectified oil of	10 drops	8 drops.	6 drops.	4 drops.
Ammonia, or sal vol.	20 to 60 drops	15 to 50 drops	12 to 40 drops	10 to 30 drops
Ammoniac gum	25 grains	20 grains.	18 grains.	15 grains
Antimony	10 grs to 1 dm.	2 to 50 grains	6 to 35 grains	5 to 25 grains
— wine, as an emetic	3 to 4 drams.	3 to 3½ drams	2½ to 3 drams	2 to 2½ drams
Antim. as an alterative	25 to 60 drops.	20 to 50 drops	15 to 40 drops	12 to 30 drops
Aromatic confection	15 to 40 grains	12 to 35 grains	10 to 30 grains	9 to 25 grains
Asafoetida	8 to 40 grains.	7 to 35 grains	6 to 30 grains	5 to 25 grains
----- Tincture of	30 drps to 2 dms	25 dps to 1½ dm	20 dps. to 1 dm.	15 to 40 drops
Balsam of capivi	20 to 80 drops.	17 to 60 drops	15 to 40 drops	12 to 30 drops
Bark of oak	40 grs to 2 drms	30 grs to 1½ dm	25 grs. to 1 dm.	20 grs. to 1 dm.
--- of Cascarilla	10 to 40 grains.	10 to 35 grains	8 to 30 grains	6 to 20 grains
--- Peruv. or Jesuits,	30 grs to 2 dms	30 to 1½ dram	25 grs. to 1¼ dm	20 grs. to 1 dm.
--- Decoction of	2 to 6 ounces.	2 to 5 ounces	1½ to 4 onuces	1¼ to 3½ oz.
--- Tincture of	2 to 6 drams.	1½ to 5 drams	1¼ to 4 drams	1 to 3½ drams
--- Extract of	10 to 40 grains	8 to 30 grains	6 to 25 grains	5 to 20 grains
Borax	10 to 40 grains.	9 to 30 grains	8 to 25 grains	7 to 20 grains
Calomel	4 to 12 grains	3 to 8 grains	2½ to 6 grains	2 to 5 grains
Camphor	2 to 30 grains	2 to 25 grains	1½ to 20 grains	1¼ to 16 grains
Cardamoms	6 to 25 grains	6 to 20 grains	5 to 18 grains	4½ to 6 grains
----- Tincture of	1 to 4 drams	1 to 3½ drams	50 dps. to 3 dms	40 dps. to 2 dms
Castor	8 to 60 grains	7 to 50 grains	6 to 35 grains	5 to 30 grains
----- Tincture of	30 drps to 2 dm	25 dps. to 1½ dm	20 dps. to 1 dm.	15 to 50 drops
Castor oil	4 to 10 drams	3 to 8 drams	3 to 6 drams	2½ to 5 drams
Camomile in powder	25 to 80 grains	20 to 60 grains	16 to 50 grains	15 to 45 grains
Chalk, prepared	25 to 50 grains	20 to 45 grains	16 to 40 grains	15 to 35 grains
Columbo	10 to 60 grains	10 to 50 grains	8 to 40 grains	7 to 35 grains
----- Tincture of	1 to 4 drams.	1 to 3½ drams	50 dps. to 3 dm.	40 dps to 2½ dms
Crabs' claws, prepared	10 to 60 grains	9 to 50 grains	8 to 45 grains	7 to 40 grains

six to four.	four to two.	two to one.	under one.	Quality of Medicines.	
15 to 50 drops.	12 to 40 drops	8 to 30 drops.	5 to 10 drops	Stimulant.	<i>a</i>
6 to 12 grains	5 to 10 grains	4 to 8 grains	3 to 6 grains	Purgative.	<i>b</i>
2 to 4 drams	1½ to 3 drams	1 to 2½ drams	½ to 1 dram	Emollient.	<i>c</i>
2 to 10 grains	1¼ to 8 grains	1 to 6 grains	½ to 5 grains	Cathartic	
2 to 3 drams	1 to 2½ drams	1 to 2 drams	½ to 1 dram	Ditto.	
1½ to 5 grains	1 to 3 grains	- - - -	- - - -	Astringent.	<i>d</i>
3 drops	2 drops	1 drop.	- - - -	Stimulant.	
8 to 20 drops.	6 to 15 drops	4 to 10 drops	2 to 7 drops	Stimulant.	
10 grains	- - - -	- - - -	- - - -	Deobstruant.	<i>e</i>
3 to 15 grains	2 to 12 grains	1½ to 10 grains	1 to 6 grains	Febrifuge.	
1½ to 2½ drams	1 to 2 drams	1 to 1½ drams	½ to 1 dram	Emetic & Purgative.	<i>f</i>
10 to 20 drops	8 to 15 drops	6 to 10 drops	4 to 8 drops	Alterative.	
6 to 20 grains	5 to 15 grains	4 to 10 grains	3 to 7 grains	Cordial.	
4 to 20 grains	3 to 15 grains	2 to 10 grains	1 to 6 grains	Antinervous.	
10 to 30 drops	8 to 25 drops	6 to 15 drops	5 to 10 drops	Ditto.	
10 to 20 drops	8 to 15 drops	5 to 10 drops	3 to 8 drops	Diuretic & Detergent.	
15 to 40 grains	10 to 30 grains	7 to 20 grains	5 to 12 grains	Tonic.	
5 to 15 grains	4 to 12 grains	3 to 8 grains	2 to 6 grains	Ditto.	
15 to 40 grains	12 to 30 grains	10 to 25 grains	6 to 16 grains	Ditto.	
1 to 3 ounces	¾ to 2½ ozs.	6 dms. to 2 oz.	2 drms. to 1 oz.	Ditto.	<i>g.</i>
1 to 3 drams	¾ to 2 drams	½ to 1½ drams	20 to 40 drops	Ditto.	
5 to 18 grains	4 to 15 grains	3 to 12 grains	1 to 6 grains	Ditto.	<i>h</i>
6 to 15 grains	5 to 12 grains	3 to 8 grains	1 to 5 grains	Diuretic.	
1½ to 4 grains	1 to 3 grains	1 to 2 grains	1 to 2 grains	Active Purgative.	<i>i</i>
1 to 12 grains	3 to 10 grains	½ to 6 grains	¼ to 3 grains	Stimul. & Diaphoretic.	
4 to 15 grains	3 to 12 grains	3 to 10 grains	2 to 6 grains	Aromatic.	
30 dps. to 1½ dm.	20 dps. to 1 dr.	15 to 30 drops	5 to 15 drops	Ditto.	
4½ to 25 grs	4 to 20 grains	3 to 5 grains	2 to 10 grains	Antinervous.	
12 to 35 drops	10 to 30 drops	8 to 20 drops	5 to 15 drops	Ditto.	
2 to 4½ drams	1½ to 4 drams	1 to 3 drams	1 to 2 drams	Purgative.	
12 to 35 grains	10 to 30 grains	8 to 20 grains	4 to 12 grains	Stomachic.	
12 to 30 grains	10 to 25 grains	7 to 20 grains	5 to 12 grains	Absorbent.	
6 to 25 grains	5 to 20 grains	4 to 15 grains	2 to 10 grains	Tonic.	
30 dps. to 2 dms.	20 dps. to 1½ dm	15 dps. to 1 dm.	10 to 40 drops	Ditto.	
6 to 35 grains	4 to 25 grains	3 to 15 grains	2 to 12 grains	Absorbent.	

MEDICINES.	Adult.	nineteen to 15.	fifteen to ten.	ten to six.
Contrainerva	25 to 50 grains	20 to 35 grains	18 to 30 grains	15 to 25 grains
Cream of tartar	2 to 8 drams	$1\frac{1}{2}$ to 4 drams	$1\frac{1}{4}$ to 4 drams	1 to 3 drams
Colocyth, extract of	5 to 25 grains	4 to 20 grains	$3\frac{1}{2}$ to 18 grains	3 to 15 grains
Foxglove	$\frac{1}{2}$ to 3 grains	- - - -	- - - -	- - - -
Gentian	15 to 50 grains	10 to 40 grains	8 to 35 grains	6 to 30 grains
----- Comp. tinc. of	$1\frac{1}{2}$ to 4 drams	1 to 3 drams	50 dps. to $2\frac{1}{2}$ dm	40 to 2 drams
----- Extract of	12 to 40 grains	10 to 30 grains	8 to 25 grains	6 to 20 grains
Ginger	5 to 25 grains	5 to 20 grains	4 to 18 grains	3 to 15 grains
Guaiacum, gum	10 to 30 grains	9 to 25 grains	8 to 20 grains	6 to 15 grains
--- Volatile tincture of	1 to 3 drams	1 to $2\frac{1}{2}$ drams	50 dps. to 2 dms	40 dps. to $1\frac{1}{2}$ dm
Hartshorn, prepared	20 to 60 grains	18 to 50 grains	15 to 40 grains	10 to 30 grains
Hellebore, white pow.	1 to 5 grains	$\frac{1}{2}$ to 3 grains	$\frac{1}{4}$ to 2 grains	- - - -
Hemlock, extract of	1 to 3 grains	1 to 2 grains	$\frac{3}{4}$ to 2 grains	$\frac{1}{2}$ to $1\frac{1}{2}$ grains
Jalap	15 to 40 grains	10 to 30 grains	8 to 25 grains	6 to 20 grains
--- Extract of	12 to 20 grains	10 to 18 grains	6 to 15 grains	5 to 12 grains
James's powders	3 to 6 grains	$2\frac{1}{2}$ to $4\frac{1}{2}$ grains	2 to 5 grains	2 to $3\frac{1}{2}$ grains
Ipecacuanha	15 to 30 grains	12 to 25 grains	10 to 20 grains	8 to 15 grains
Iron, rust of	5 to 25 grains	4 to 20 grains	3 to 15 grains	$2\frac{1}{2}$ to 12 grains
Lavender, spirit of	20 dps. to 2 dms	18 dps. to $1\frac{1}{2}$ dm	15 dps. to 1 dm.	12 to 50 drops
Logwood, decoction of	3 to 4 ounces	$2\frac{1}{2}$ to $3\frac{1}{2}$ oz.	2 to 3 ounces	1 to $2\frac{1}{2}$ ounces
----- Extract of	10 to 30 grains	8 to 25 grains	6 to 20 grains	5 to 15 grains
Magnesia	$\frac{1}{2}$ to 2 drams	26 grs. to $1\frac{1}{2}$ dm	20 grs. to 1 dm.	15 to 50 grains
----- Calcined	ditto.	ditto.	ditto.	ditto.
Mercurial pill	10 to 20 grains	8 to 15 grains	5 to 12 grains	3 to 10 grains
Musk	5 to 40 grains	4 to 30 grains	3 to 20 grains	2 to 15 grains
Myrrh	10 to 60 grains	10 to 50 grains	8 to 40 grains	7 to 30 grains
----- Tincture of	10 to 60 drops	18 to 55 drops	16 to 50 drops	14 to 40 drops
Nitre	10 to 30 grains	7 to 25 grains	6 to 20 grains	5 to 12 grains
Onion, juice of	$\frac{1}{2}$ to 2 ounces	3 dms to $1\frac{1}{2}$ oz	$2\frac{1}{2}$ dms. to 1 oz	2 to 6 drams
Opium	$\frac{1}{2}$ to 2 grains	$\frac{1}{4}$ to 1 grain	$\frac{1}{4}$ to $\frac{1}{2}$ grain	- - - -
----- Laudanum	20 to 50 drops	15 to 30 drops	12 to 25 drops	10 to 20 drops
----- Tinc. of, camp.	1 to 3 drams	50 dps to $2\frac{1}{2}$ dm	40 dps. to 2 dms	30 dps. to $1\frac{1}{2}$ dm
Oyster-shells, prep.	16 to 60 grains	12 to 55 grains	10 to 50 grains	8 to 40 grains
Poppies, syrup of	1 to 4 drams	1 to $3\frac{1}{2}$ drams	$\frac{3}{4}$ to 3 drams	$\frac{1}{2}$ to $2\frac{1}{2}$ drams
Rhubarb	15 to 50 grains	12 to 45 grains	10 to 40 grains	8 to 30 grains

six to four.	four to two.	two to one.	under one.	Quality of Medicines.
10 to 20 grains	6 to 15 grains	4 to 12 grains	2 to 8 grains	Restorative & diaphor.
50 grs. to 2 dms.	40 grs. to 1½ dm.	20 grs. to 1 dm.	5 to 30 grains	Cooling, aperient.
2 to 10 grains	1½ to 6 grains	1 to 5 grains	- - - -	Cathartic. <i>j</i>
- - - -	- - - -	- - - -	- - - -	Purg. emetic, violent. <i>k</i>
5 to 20 grains	4 to 15 grains	3 to 12 grains	2 to 8 grains	Stomachic.
30 to 1 dram	20 to 40 drops	15 to 30 drops	5 to 15 drops	Ditto.
5 to 15 grains	4 to 12 grains	3 to 10 grains	1 to 6 grains	Ditto.
3 to 12 grains	2 to 10 grains	2 to 8 grains	1 to 6 grains	Aromatic.
4 to 12 grains	3 to 10 grains	2 to 8 grains	1 to 3 grains	Stim. & antirheumatic.
30 dps. to 1 dm.	20 to 40 drops	10 to 30 drops	5 to 8 drops	Ditto. <i>l</i>
8 to 25 grains	6 to 20 grains	4 to 15 grains	3 to 12 grains	Tonic.
- - - -	- - - -	- - - -	- - - -	Emetic.
¼ to ½ grain	- - - -	- - - -	- - - -	Resolvent. <i>m</i>
5 to 15 grains	4 to 12 grains	3 to 8 grains	2 to 6 grains	Purgative.
4 to 10 grains	3 to 7 grains	2 to 6 grains	1 to 3 grains	Ditto.
1½ to 3 grains	1 to 2 grains	¾ to 1½ grains	¼ to 1¼ grains	Febrifuge. <i>n</i>
6 to 12 grains	5 to 10 grains	4 to 8 grains	1 to 5 grains	Emetic.
2 to 10 grains	1 to 6 grains	¼ to 2 grains	- - - -	Deobstnt. & corrobor.
0 to 40 drops	8 to 30 drops	6 to 20 drops	2 to 10 drops	Stimulant.
6 dms. to 1½ oz	3 to 6 drams	2 to 4 drams	1 to 2 drams	Astringent. <i>o</i>
4 to 12 grains	3 to 10 grains	2 to 5 grains	1 to 3 grains	Ditto.
10 to 40 grains	8 to 30 grains	6 to 20 grains	4 to 10 grains	Absorbent.
ditto	ditto	ditto.	ditto.	Ditto. <i>p</i>
2 to 6 grains	1 to 4 grains	- - - -	- - - -	Alterative.
1½ to 12 grains	1 to 8 grains	¾ to 5 grains	½ to 3 grains	Stimulant.
6 to 20 grains	5 to 15 grains	4 to 10 grains	2 to 4 grains	Dissolvent & tonic.
12 to 30 drops	10 to 25 drops	8 to 20 drops	4 to 8 drops	Ditto ditto.
2 to 10 grains	2 to 8 grains	1 to 6 grains	1 to 4 grains	Diuretic & febrifuge.
1½ to 4 drams	1 to 3 drams	1½ to 2 drams	¼ to 1 dram	Ditto.
- - - -	- - - -	- - - -	- - - -	Sedative & Narcotic.
8 to 15 drops	5 to 12 drops	3 to 6 drops	2 to 5 drops	Ditto.
20 dps. to 1 dm.	15 to 40 drops	12 to 20 drops	6 to 10 drops	Ditto.
6 to 30 grains	4 to 20 grains	3 to 15 grains	2 to 8 grains	Absorbent.
½ to 2 drms	½ to 1½ drams	1½ to 1 dram	¼ to 1 dram	Sedative.
6 to 25 grains	5 to 20 grains	4 to 12 grains	2 to 10 grains	Mild carthartic.

A Table of Medicines

MEDICINES.	Adult.	nineteen to 15.	fifteen to ten.	ten to six.
Rhubarb, Tinct. of	4 dms. to 2 oz.	4 dms to 1½ oz	3 to 8 drams	2 to 6 drams
Roses, syrup of	1 to 2 drams	1 to 2 drams	1 dram.	1 dram.
Saffron	5 to 20 grains	4 to 18 grains	3 to 15 grains	2½ to 12 grains
Salt, Glauber	4 to 16 drams	4 to 14 drams	3 to 12 drams	2 to 8 drams
Scammony, powder	5 to 10 grains	4 to 8 grains	2 to 5 grains	1½ to 4 grains
Senna	25 to 50 grains	20 to 40 grains	13 to 30 grains	14 to 25 grains
Spermaceti	20 to 60 grains	20 to 50 grains	15 to 40 grains	12 to 30 grains
Sponge, burnt	20 to 60 grains	18 to 40 grains	15 to 35 grains	12 to 30 grains
Squills, oxymel of	4 to 16 drams	3 to 12 drams	2 to 10 drams	1½ to 8 drams
----- Vinegar of	20 to 60 drops	18 to 50 drops	15 to 40 drops	12 to 30 drops
----- ditto, as emetic	4 to 8 drams	3 to 5 drams	2½ to 4 drams	2 to 3 drams
Steel, tincture of	8 to 18 drops	6 to 15 drops	5 to 12 drops	4 to 10 drops
Sulphur	20 to 60 grains	18 to 50 grains	15 to 40 grains	12 to 30 grains
Tartar. antim. wine	5 to 15 drops	3 to 8 drops	2 to 5 drops	1 to 3 drops
Tin, powder of	20 to 60 grains	15 to 50 grains	12 to 40 grains	8 to 30 grains
Valerian, tincture of	1½ to 3 drams	1 to 2½ drams	50 dps. to 2 dms	40 dps. to 1 dm.
----- Volatile	1 to 2 drams	1 to 1½ drams	50 dps. to 1 dm.	30 to 50 drops
----- In powder.	20 grs. to 2 dms	18 grs. to 1½ dm	15 to 1 dram	12 to 50 grains
Vitriol, White	2 to 5 grains	1½ to 4 grains	1 to 3½ grains	½ to 2 grains
----- As an emetic	20 to 60 grains	18 to 50 grains	14 to 30 grains	6 to 15 grains
----- Blue	1 to 3 grains	1 to 2 grains	½ to 1½ grs.	¼ to 1 grain

six to four.	four to two	two to one.	under one.	Quality of Medicines.
2 to 5 drams	1½ to 3 drams	1 to 2 drams	20 to 40 drops	mild Cathartic
1 dram	½ dram	½ dram.	¼ dram.	Laxative.
2 to 10 grains	1½ to 6 grains	1 to 4 grains	½ to 3 grains	Cordial & Aromatic.
2 to 6 drams	1½ to 4 drams	1 to 3 drams	½ to 2 drams	Purgative.
1 to 3 grains	1½ to 2 grains	½ to 1½ grains	¼ to 1 grain	Ditto.
10 to 25 grains	6 to 12 grains	4 to 8 grains	2 to 6 grains	Ditto.
10 to 25 grains	6 to 15 grains	4 to 12 grains	3 to 8 grains	Emollient.
10 to 20 grains	8 to 15 grains	5 to 10 grains	2 to 5 grains	Antiscrophulous.
1½ to 6 drams	8 to 4 drams	1 to 3 drams	½ to 2 drams	Expectorant.
10 to 20 drops	1 to 12 drops	4 to 8 drops	2 to 6 drops	Ditto.
1½ to 3 drams	1½ to 2½ drams	1 to 2 drams	½ to 1½ dms	Emetic.
3 to 8 drops	2 to 6 drops	1 to 5 drops	- - - -	Stimulant.
10 to 25 grains	8 to 20 grains	7 to 18 grains	5 to 10 grains	Purgative & Alterative.
1 to 2½ drops	1 to 2 drops	1 to ½ drops	1 drop	Emetic & Alterative.
5 to 20 grains	4 to 15 grains	2 to 10 grains	1 to 6 grains	Anthilmentic.
30 drps to 1 dm.	20 to 40 drops	10 to 20 drops	5 to 10 drops	Antinervous.
20 to 40 drops	10 to 25 drops	6 to 15 drops	2 to 10 drops	Ditto.
8 to 30 grains	6 to 20 grains	4 to 12 grains	2 to 6 grains	Ditto.
¼ to 1 grains	- - - -	- - - -	- - - -	Tonic.
4 to 10 grains	2 to 5 grains	1 to 3 grains	- - - -	Emetic.
- - - -	- - - -	- - - -	- - - -	Ditto.

Notes on the preceding Table.

a. This is useful in flatulence, removes asthma and hysterics. It should be swallowed immediately when poured out of the bottle, on account of its instantaneous evaporation. By rubbing externally it eases the head-ach.

b. The least drastic of all mercurial preparations.

c. Serviceable in heat of urine, hoarseness, and tickling coughs. The best mode to take this and other oily medicines is: dissolve four drams of powder of gum-arabic in as much water; add one ounce of the oil, and rub them well in a mortar till they form a white mass, adding, by degrees, a quarter of a pint of water. Give two table-spoonsful every three hours (for an adult).

d. Alum is best taken in whey, made thus: take of milk one pint, alum, in powder, two drams; boil them till the milk curdles, and strain off the whey; give four table-spoonfuls thrice a day (for an adult).

e. Best taken as milk ammoniac, made thus: take of gum ammoniac two drams, boiled water half a pint, grind them in a mortar and strain them. If for a cough, add to six ounces of the mixture one ounce of paregoric elixir; and one ounce oxymel of squills; give two table-spoonsful every three hours, (for an adult).

f. See tartarised antimonial wine.

g. Decoction of bark is made thus: take of powder of bark two ounces, water three pints; boil it down to two pints; and strain it for use. But the cold infusion of bark is far preferable, made as follows: mix one ounce of bark in powder in twelve ounces of cold water; let it stand twenty-four hours, occasionally shaking the bottle. Strain the liquor. This may be taken as the decoction is directed.

h. Twelve grains of this preparation is equal to thirty in substance.

i. This, though a preparation of mercury, is a safe and valuable medicine for children. It may be given either in a pill or mixed with honey or jelly.

j. This medicine, with equal parts of calomel, and mixed with jelly or honey, is very serviceable in febrile complaints, and disorders of the stomach and bowels of children.

k. This extract, united with calomel; in the following proportions, forms an excellent purge, and is particularly useful in bilious complaints: take of calomel twenty grains, extract one dram; mix them in a mortar, and make twelve pills; let an adult take two of them going to bed.

l. This medicine being a powerful poison, it must be used with great caution, particularly by children; half a dram of it, infused in half a pint of boiling water, is the best form to give it in. The dose for an adult is one ounce.

m. This is a most useful preparation of guaiacum; and, mixt as follows, is an excellent antirheumatic. Take of the volatile tincture and honey each two drams, mix them in a mortar, and add two ounces of peppermint water; by degrees this draught may taken twice a day; and from fifteen to thirty drops of laudanum may be added to the dose intended for the night.

n. Hemlock must be cautiously used, and the dose gradually increased as the constitution will bear it.

n. James's powder and antimonial powder are so nearly the same that they may safely be taken in the same proportion, whether as purgatives and emetics or alteratives.

o. These doses may be repeated three or four times a day. The decoction is made as follows: take of logwood shavings three ounces, cinnamon-water four drams, water four pints; boil this liquor till it is wasted to half the quantity.

p. This medicine is best taken in the following proportions: take of the extract two drams, tincture of lavender, or stomachic, half an ounce, peppermint-water seven ounces; let an adult take two table spoonsful every four hours; from thirty to fifty drops of laudanum may be added to this mixture; it is a powerful astringent and comforting to the intestines.

q. To be given with great care, particularly to children. The syrup of poppies, as directed in the table, is the safest for children.

r. These medicines had better be often repeated in small doses than in large quantities seldom.

s. This medicine is commonly used for eye-water and injections.

By way of Supplement to the preceding Table, there are here added Receipts for a few external and other applications, which it may be occasionally necessary for Midwives, Mothers, and Nurses to prepare, when a ready reference cannot be had to a Shop; with some general Remarks that could not properly be given in the Text.

Purging Clyster.

Take of glauber's salts one ounce and half, senna two drams, boiled in half a pint of water, and half an ounce of sallad oil.

Starch, or Astringent Clyster.

Jelly of starch four ounces, linseed oil half an ounce; warm the jelly, then mix the oil; thirty to sixty drops of laudanum may be added. This is an excellent clyster in the dysentery or bloody flux, and may be administered after every loose stool.

Emollient Clyster.

Olive oil, which is common sallad oil, one ounce and half; milk half a pint; let the oil be beat up with the yolk of an egg, and add the milk.

Aloes Clyster. See P. 215.

Soap Clyster. See P. 241, 271.

Opium Plaster. See P. 102, 140.

Melt one ounce of adhesive plaster, and while it is cooling, add one dram of powdered opium, and one dram of Camphor rubbed with a little sweet oil; mix them together and spread the plaster on leather or linen.

Ointment for the Itch. See P. 231, 402.

Vermifuges, Worm dispellents. See P. 404.

Squills, best mode of administering them. See P. 366.

Castor Oil, one of the best forms of administering it. See P. 353.

Electuary, for the piles. See P. 357.

Ointment, ditto. *ib.*

Paste, to be externally applied in *Scrophula*. See P. 288.

Ointment for scald head. See P. 291, 367.

Lotion for the fingers as a preventive of whitloe. See P. 370.

Volatile fetid Tincture. See P. 358.

Application for after-pains. See P. 359.

A Purgative for children. See P. 404.

Cordial, in the intermediate times of purging. *ib.*

Gargles.

Rose-leaves two drams, boiling water half a pint; when cold add elixir of vitriol enough to give it an agreeable sharpness. This gargle generally cures slight sore throats; and apply externally a bit of flannel wetted with equal parts of hartshorn, and sallad oi, which is often used with great advantage.

Decoction of bark six ounces, tincture of myrrh, and honey of roses each one ounce. This gargle is adapted to cleansing exulcerations of the throat.

Poultices.

Poultices to promote suppuration may be made of bread and milk, but where linseed powder is to be got, it is to be preferred; the linseed

only requires boiling water to be poured on it, to form an excellent soft poultice.

Plaster for Cuts, Wounds, Ulcerated Legs, &c.

Adhesive plaster two ounces, white diachylon and diachylon with gum, of each one ounce; melt them in an earthen pot and spread it on fine linen.

Vitriolic Eye Water. See P. 202.

White vitriol half a dram, rose water six ounces; dissolve the vitriol and strain off the liquor.

Eye Water with extract of lead.

Thirty drops of Goulard's extract to eight ounces of common water, or rose water.

Eye Water from poppy-heads.

Boil two poppy-heads in a pint of water, strain off the liquor, and add two table spoonsful of brandy, with which let the eyes be washed frequently.

Cold Bath.

Where the shock of the Cold-bath is too severe for the patient, the *Shower-bath* may be used with advantage. Its action can be regulated at pleasure; and as the water descends like rain, it gently impels the blood towards the lower extremities, and prevents the danger which would arise from its sudden and rapid determination to the lungs and head, by a total immersion. A common watering-pot will be a good substitute for the Shower-bath.

In cases of extreme personal weakness, in hysteric and hypochondriac cases; in nervous disorders which include spasms, convulsions, epilepsy, and similar consequences of the debility or irritability of the system, the shower-bath will in general be preferable to immersion. But in these disorders, the Cold-bath in any shape must not be used at once; instead of being beneficial, it would be highly dangerous. It will be proper to begin with the tepid bath, about the warmth of milk from the cow, and to reduce it gradually, and almost imperceptibly, till the constitution can bear it entirely cold, and then to persevere in the cold bath, not only till a cure, but afterwards.

In most cases, Sea-bathing should be accompanied with drinking the salt water.

Persons of a plethoric habit should never attempt cold bathing, till the body be prepared by a course of drinking salt water, or other attenuants.

The best time for bathing is in the morning. The bather should take, previously, gentle exercise, to put the body in an agreeable glow. Immediately after bathing the body should be well rubbed with a towel, and it should be succeeded by half an hours exercise. For children as well as adults, one or two dips are all that is necessary for health. Remaining too long in the water debilitates.

The Cold-bath must never be used in spasmodic affections of the intestines, convulsive asthmas, hooping-coughs or coughs in general, or in complaints of the bowels and chest in general, including coughs of every description. When coughs proceed from slight irritation or cold, washing the feet in warm water affords great relief, but to immerge the body either in warm or cold water, would increase the symptoms.

The delicacy and irritability in a state of pregnancy, as well as the danger of a too great determination of blood to the womb, forbid the use of the Cold-bath, except in particular situations, of which a skilful physician must judge.

Mineral Waters of every description, whether *Chalybeate*, *Saline*, or *Sulphurous*, are now made artificially, to any degree of strength, and possessing every virtue of the natural springs, and may be easily had, without resorting to the watering places; a circumstance which cannot fail to make this valuable remedy, in many disorders, more generally diffused, and more suited to those whose avocations or means do not permit them to go to the springs.

A GLOSSARY

*Of such Medical and Scientific terms as have
been unavoidably employed in the course
of this Work.*

ABSCESS, a diseased cavity in the body.

ABORTION, miscarriage.

ABSORBENTS, medicines to correct acidity, and absorb or dry up
superfluous moisture.

ACOUSTICS, medicines to promote hearing.

ACIDULOUS, gently acid.

ACIDULATED, impregnated with gentle acids.

ACRID, sharp and corrosive.

ACESCENT, having a tendency to acidity.

ACRIMONY, corrosive sharpness.

ACUTE. An acute disease is one of violent symptoms and coming to
a speedy determination.

ADULT, of full age, beyond puberty.

AFTER-BIRTH, or placenta-cake, is the substance by which the child is
connected with the mother in the womb.

ANTISEPTICS, medicines to correct putridity or rottenness.

AFTER-PAINS. See *grinding pains*.

ALKALI, any substance which, mingled with acid, produces fermentation.

ALTERATIVES, medicines which cure the blood by fermentation, and
rectify the system without sensible action.

ANODYNES, composing medicines, and such as mitigate pain.

ANTISPASMODICS, medicines for curing spasms.

ASTRINGENTS, medicines to correct looseness and debility.

ATTENUANTS, medicines for reducing the body.

BILE, a fluid secreted by the liver into the gall-bladder, and passing thence into the intestines, in order to promote digestion.

BOLUS, a form of medicine in a mass, larger than pills.

CARIOUS, rotten, applied principally to the bones or teeth.

CARMINATIVES, medicines for dispelling wind.

CAUSTICS, burning applications.

CAUTERY, the act of burning with a hot iron or caustic.

CHALYBEATES, preparations of steel; mineral waters impregnated with steel.

CHLOROSIS, the green sickness.

CHRONIC, lingering disease, in opposition to *acute*.

CHYLE, a milky fluid, separated from the aliment in the intestines, mixing with and forming the blood.

CLEANSINGS. See *lochia discharge*.

CAUSTICS, burning applications.

COLLYRIA, eye-water.

CONFLUENT, running together.

CORROBORANTS, tonics, or strengthening medicines.

CORROSIVES, substances that consume, or eat away.

CRISIS, the period of a disease where a decided alteration takes place for better or for worse.

CRITICAL, decisive.

CUTANEOUS, of or belonging to the skin.

CYST, a bag containing purulent matter.

DEBILITY, weakness.

DECOCTION, a preparation by boiling.

DELIRIUM, a temporary insanity.

DEMULCENT, softening.

DEOBSTRUENT, a medicine to resolve viscidities.

- DETERGENT, cleansing.
 DIARRHŒA, a looseness.
 DILUENTS, substances to dilute or make thin.
 DIURETICS, medicines to promote urine.
 DOSSIL, a bit of lint.
 DRASTICS, active or strong purges.
 DULCIFIED, sweetened.
 EFFLORESCENCE, eruption, or the redness round it.
 ELECTUARY, a form of medicines made about the consistence of honey.
 EFFLUVIA, exhalations.
 EMETICS, medicines to produce vomiting.
 EMOLLIENT, softening.
 EMPYRIC, a quack.
 EMULSIONS, medicines formed by boiling oily seeds, kernals, &c.
 ENDEMIC, a disease originating in a district or country.
 EPIDEMIC, contagious.
 ERUPTION, breaking out in pustules.
 TO ERODE, to canker or eat away.
 ERYSIPELAS, St. Anthony's fire.
 EXCORIATION, loss of skin.
 EXCRETION, the separation of animal substance.
 TO EXHIBIT, to administer.
 EXPECTORATION, discharge from the breast by coughing.
 EXTREMITIES, parts distant from the heart.
 FEBRIFUGES, medicines for dispelling fevers.
 FETID, of an offensive smell.
 FIRST PASSAGES, the bowels and stomach.
 FLATULENCE, windiness, full of wind.
 FLOODING, an overflow of the menses.
 FŒTUS, the child in the womb, or when produced by abortion.
 FOMENTATION, partial bathing, by the application of flannels dipped
 in liquids.

FRACTURE, a broken bone.

FUNGUS, proud flesh.

GANGRENE, a stoppage of circulation, followed by mortification.

GLUTINOUS, gluey.

GRINDING OR AFTER-PAINS, pains that occur after labour.

HECTIC, morbid heat.

HÆMORRHOIDS, piles.

HÆMORRHAGE, a flux of blood.

HOODING, a contraction of the womb.

HYDALIDS, small white bladders, resembling bunches of grapes, the seat of water in dropsy of the womb.

HYSTERIC, fits proceeding from disorders of the womb.

ICHOR, a thin watery humour.

IMPOSTHUME, matter in a bag or cyst.

INDURATION, hardening.

INFECUNDITY, barrenness.

INFLAMMATION, where the blood is obstructed so as to crowd into any particular part.

INFUSION, steeping any thing in liquor without boiling, as tea is made.

TO INHALE, to draw in by the breath.

INOSCULATED, inserted.

INTESTINES, the internal parts of the body.

JULEPS, mixtures of simple and compound waters sweetened.

LIGATURE, a bandage, any thing tied round another.

LINIMENT, ointment.

LOCHIAL DISCHARGE, or *cleansings*, a discharge from the womb, which occurs for a few days after delivery.

LOTION, a wash.

MEMBRANE, a web of fibres interwoven for covering certain parts.

MORBID, diseased.

MUCUS, slimy moisture, generally meant for what exudes from the nose.

- NARCOTICS**, medicines producing torpor and sleep.
- NOSTRUM**, a patent or other medicine the composition of which is kept secret by the proprietor.
- OBSTETRIC**, belonging to midwifery.
- OPIATES**, medicines to promote stupor or sleep.
- OPHTHALMIA**, a disease of the eyes.
- OPHTHALMICS**, medicines for the eyes.
- PARTURITION**, delivery.
- PERSPIRATION**, excretion by the pores of the skin; moderate or insensible sweating
- PLACENTA-CAKE**. See *after-birth*.
- PLETHORIC**, of a full habit.
- PRIMARY**, original.
- PUBERTY**, the age when the influence of sex begins to be felt.
- PURULENT**, emitting *pus* or matter.
- PUSTULE**, a purple or small swelling.
- PUTRESCENCE**, rottenness.
- QUICKENING**, motions of the child felt by the mother in the womb.
- REGIMEN**, regulation of food, air, exercise, &c.
- REFLETION**, the act of filling the body with food.
- RESOLVENTS**, dissolving medicines.
- RESPIRATION**, the act of breathing.
- SALINE**, consisting of salt.
- SALIVA**, spittle.
- SAPONACEOUS**, soapy.
- SECONDARY**, not primary; a secondary fever is that which recurs after a crisis, or on the declension of the measles or small-pox.
- SCHIRROUS**, having an indurated gland.
- SEDATIVES**, composing medicines.
- SCROPHULA**, the King's evil.
- SECRETION**, the separation of fluids from the body.
- SEWES**, a slimy matter discharged during labour.

SLOUGH, the part that separates from a sore.

SPASM, a convulsion or violent contraction.

SPECIFIC, an infallible remedy.

SPINE, the back-bone.

STERNUTORIES, medicines to promote sneezing.

STIMULANTS, irritative medicines.

STOMACHICS, medicines for the stomach.

STRANGURY, a difficulty of making water.

STUPOR, a suspension of sensibility.

STYPTICS, medicines to stop bleeding.

SUDORIFICS, medicines to promote sweating.

SYMPTOMATIC, a disease not primary, but arising from another, in contradiction to *idiopathic*.

SYNCOPE, a fainting fit.

TESTACEOUS, shelly. The testaceous powders are oyster-shell, crab's claws, &c. which are all absorbents.

TONIC, bracing.

TUMOUR, a swelling.

TYPE, a mark.

VACCINE, **VACCINOUS**, belonging to, or matter of the cow-pox.

VARIOLOUS, matter of the small-pox.

VERMIFUGES, worm-dispelling medicines.

VISCID, glutenous, tenaceous.

VISCIDITY, glutenousness.

VIRUS, poisonous matter.

VITAL, the seat of life.

UMBILICAL CORD, the navel-string.

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ERRATA.

- P. 22, l. 1 for *sacred bones*, read *sacred bone*.
P. 29, l. last for *Gowland's*, read *Goulard's*.
P. 42, l. 27 for *Columba*, read *Columbo*.
P. 95, l. 4 for *sent*, read *bent*.
P. 112, l. 9 for *hydraulics*, read *hydalids*.
P. 219, l. 3 for *testaceous*, read *absorbent*.
P. 220, l. 5 for *exfoliaben*, read *exfoliation*.
P. 240, l. 25 for *jalap*, read *julep*.
P. 378, l. 4 for *eeases*, read *eases head-achs*.

THE END.

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AND ENCOURAGEMENT OF FEMALE MIDWIVES, AND
DELIVERY OF PREGNANT WOMEN AT THEIR
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